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Chefs' quick picks (with recipes)

How healthy is your bread? **A shopper's checklist**



ULTIMATE VEGGIE FRIED RICE and CUCUMBER SALAD WITH BLACK SESAME & GINGER, p. 60

+

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September 2009
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cover

Photography by Pornchai Mittongtare
Food styling by Liesl Maggiore
Prop styling by Amy Paliwoda



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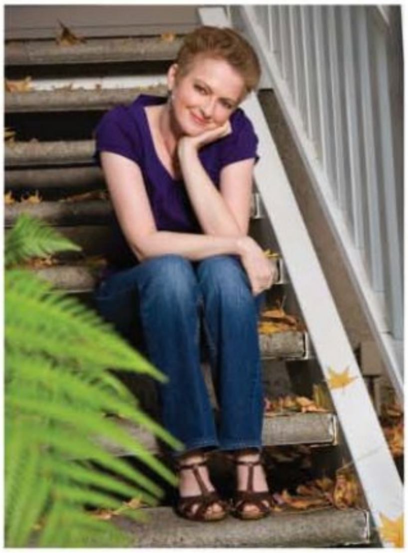
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cheap thrills

I've always been kind of blasé about crêpes. They seemed complicated. And most of the crêpes I've tasted have been lukewarm restaurant versions—not something I felt inspired to re-create at home.

But two nights before this issue went to press, I was craving a treat, and the only sweet thing I could find in my pantry was an almost-empty jar of Nutella. I remembered that in "Crêpes 101" (Technique, p. 36), *VT* food editor Mary Margaret Chappell points out that the gooey chocolate-hazelnut spread is a popular filling for Parisian-style Sweet Crêpes. Since her recipe for the French treat had been a big hit at the office, I decided to try my luck at home.



It took me less than five minutes to whip up the vanilla-spiked sweet-crêpe batter. While the batter chilled in the fridge, I tried chilling out for the allotted 30 minutes.

Time flew by, and soon I was tilting the pan, swirling the batter, and turning out perfect crêpes on my very first try. Add a little smear of Nutella, fold the crêpe over, and I was transported to melty-chocolaty dessert heaven. Best crêpes of my life, right?

Well ... I used only half the crêpe batter that night. The next day I spent my entire homebound commute thinking about that batter chillin' away in my fridge. The Nutella was gone, so I tried the ultimate classic French crêpe fillers: butter and jam.

What I learned was this: Nutella is heavenly, but a homemade sweet crêpe with butter and raspberry jam is one of life's perfections—something so simple and so good, it'll shake you right down to your core.

Try it.

Elizabeth Turner

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Easy Key Lime Pie serves 8

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1 prepared graham cracker pie crust
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6 tbsp freshly squeezed key lime juice (approximately 1/2 lb key limes)

Preheat oven to 375° F. Place the **Nasoya Vanilla Silken Creations**, key lime juice and cornstarch into a bowl and mix well until combined. Pour into the prepared pie crust. Bake for 30-35 minutes. Cool in refrigerator for at least 4 hours.

Per Serving - Cal: 200 Fat: 7g Sat Fat: 1g Chol: 0mg Sodium: 115mg Carbs: 31g Fiber: 0g Protein: 2g

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contributors



Lauren Ulm

Recipe Developer, "DIY Doughnuts," p. 70

Who/what inspires you most? Fresh, seasonal vegetables, especially at local markets.

What did you discover while on this assignment? Raspberry jam really is the perfect filling for jelly doughnuts.

What's your No. 1 pantry staple? Low-sodium tamari. I use it in everything.

Favorite piece of cookware? My cast-iron skillet!

What's your most treasured family recipe? Cinnamon toast. It's not unique, but it's simple and reminds me of being a little kid.





Dale and Melissa Kent

Coauthors, "The Zen Kitchen," p. 60

Who/what inspires you most?

Dale: My biggest inspiration in life is Siddhartha Gautama, who became the Buddha. His example shows that with a little faith and hard work, normal human beings can wake up and make the world a better place.

What fruit or veggie best describes you and why?

Melissa: A yam—sweet, round, and nourishing.

Dale: An onion, because I have many layers and I can be very sweet, but I have occasionally made people cry in the kitchen.

What did you discover while on this assignment?

Melissa: I discovered that I love collaborating with my husband. It took some time to work out how to be writing partners as well as life partners, but we had a lot of fun along the way.

What's been your best improvisatory moment in the kitchen?

Dale: Discovering that home-ground brown rice flour makes tastier waffles than wheat flour. I'll never make waffles with wheat again.



Jennie Warren

Photographer, "DIY Doughnuts," p. 70

Who/what inspires you most? Music, art, and films are always inspiring to me. I also get great inspiration by going on walks and people watching.

What did you discover while on this assignment? I really enjoy working with a team and everyone contributing creatively to make the final product. The models were full of energy, which may have had something to do with the fact they were eating doughnuts the whole time!

What's your No. 1 grocery splurge? Chocolate-covered pretzels.

If you could enjoy a veg meal and conversation with anyone—dead or alive—who would it be and why? It would be my Portuguese grandmother, who I never knew. I would love to hear her life stories and discover who she was.

What fruit or veggie best describes you and why?

A strawberry because I'm sweet and have strawberry-colored hair right now.

vegetarian times
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letters



FATHER'S DAY FUN

I just wanted to let you know that your July/August issue helped make our Father's Day cookout the best ever. The Classic BBQ Rub (p. 44) was so good, I had to make more for my kids to take home. And even though it was used on meat (for the yet-to-be converts), as well as portobellos, it was a hit with everyone. The Rosemary-Dijon Vinaigrette (p. 44) was probably one of the best marinades ever. It made the flavor of summer veggies pop, and was enhanced by the grilling. Thanks, *VT,* for these great recipes! As always, you keep it "fresh" in the kitchen.

KIM PARHAM | COLLEYVILLE, TEX.

AN AFFAIR WITH VEGETABLES

I love *VT!* Although we're meat-eaters, I get the magazine because the recipes are so good and I'm always trying to include more vegetables in my family's diet. We have become about 95 percent vegetarian because of you. I also joined a local CSA (smallfamilycsa.com) and, lately, have been getting a ton of leafy vegetables, like kale and Swiss chard. Got any recipes for those?

BRANDI HEACOCK | VIA E-MAIL

Editor's note: Sure, Brandi. Check out "Wrap & Roll" on p. 40 for a couple of tasty ways to use these leafy greens as lunch wrappers. Or try the recipes for Collard Green Coleslaw and Deep-Dish Skillet Pizza, both of which can be found on vegetariantimes.com. Keep in mind that in most recipes kale, collards, Swiss chard, and turnip greens are interchangeable—they just have a different taste.

RAW PLEASURE

Thank you! I was utterly delighted to see Ani Phyo and several raw soup recipes in the last issue (July/August, "Soup in the Raw," p. 50). I was also delighted to see so many other recipes that can be adapted to raw. I've been a vegetarian for over 10 years and received *VT* as a gift; however, recently I had been passing the magazine on to others because I have become a raw vegan. Thank you for staying current!

KELLY LAEL | VIA E-MAIL

COMIC RELIEF

Thanks for the wonderful interview with Dan Piraro, creator of "Bizarro" (July/August, One-on-One, p. 34). Dan has shown that the stroke of a pen is a great way to educate and jog our conscience. I was also delighted with raw food chef Ani Phyo's fabulous soup recipes. It's great to see *VT* embracing all facets of vegetarianism, allowing us to grow and learn with each issue. I, for one, have gradually found my way to a more raw diet, and just wanted to mention that most of the raw soups make wonderful hearty winter soups as well, by simply heating them up in a double boiler until warm to the touch.

BARBARA WEITH | SAN DIEGO

PARTY-WORTHY

I became a subscriber in December, and as soon as I receive an issue I tear through it, marking dozens of recipes that I'm excited to make. I often cook dinner with my boyfriend (a nonvegetarian), who has been impressed with the variety and quality of the recipes. Each time, they have

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Vegetables in Thai Red Curry, p. 63
2. Spinach-Zucchini Soup, p. 51
3. Tofu Rancheros, p. 29
4. Parisian-style Sweet Crêpes, p. 37
5. Grape and Almond Harvest Cake, p. 59

Send your letters to: editor@vegetariantimes.com

DURING THE DUST BOWL,

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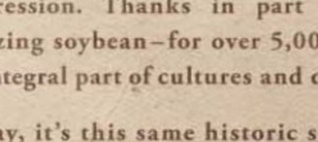


The 1930s. The Great Depression turned the land of opportunity into a land of despair. Struggling farmers, in an attempt to reap greater profits, cultivated large tracts throughout the Great Plains. This removed precious nutrients and moisture from the soil, putting a great strain on the land. Couple that with cattle overgrazing and a drought courtesy of Mother Nature, and the Dust Bowl was born.

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not disappointed. In particular, one Sunday evening we decided to make the graduation dinner from your May/June issue (Easy Entertaining, p. 54). It was truly an entertainment-worthy meal, and one that I look forward to making for guests in the future. Thank you to the *VT* staff for all your hard work, and cheers to more excellent veg recipes!

JESSIE BABIARZ | LOS ANGELES

SHARE: Reader Recipe

Aloo Palak (Spinach and Potatoes)

SERVES 4 | VEGAN | GLUTEN FREE

Kelly Martin from Vernon, Conn., admits she's a huge lover of Indian food, but horrible when it comes to re-creating it. "I had some leftover coconut milk with no idea of how to use it. In it went, and voilà! Not only did it give me that Indian flavor I wanted, but it gave me a creamy texture I thought I could only get with cream."

- 2 10-oz. pkgs. frozen spinach, thawed and drained, liquid reserved
- 2 medium potatoes, cut into ½-inch cubes (3 cups)
- 2 Tbs. garlic powder
- 2 Tbs. curry powder
- 1 tsp. ground cumin
- 1 tsp. salt
- ¾ cup light coconut milk

1. Preheat oven to 425°F. Stir together spinach, ¾ cup spinach liquid, potatoes, garlic powder, curry powder, cumin, and salt in 9-inch square baking dish. Cover with foil, and bake 45 minutes.
2. Remove from oven. Stir in coconut milk, and transfer to serving bowl.

PER 1¼-CUP SERVING: 207 CAL; 9 G PROT; 5 G TOTAL FAT (2 G SAT FAT); 35 G CARB; 0 MG CHOL; 700 MG SOD; 8 G FIBER; 3 G SUGARS

tell *vt*

What's your best trick for sneaking more veggies into your kids' meals?

I blend up carrots, spinach, and broccoli and sneak them into tomato sauce for pasta or pizza. —MARY M

You've got to be seriously imaginative. Broccoli are "trees," cauliflower a "monster brain," and asparagus "green sabres." —MALIA

Veggie bolognese, with chopped sautéed mushrooms replacing the meat; puréed carrots in mac 'n' cheese; and shredded carrots and pumpkin pie spice in pancakes. Talking about how Spider-Man eats veggies so he can be strong works pretty well too. —MTN. MAMA

The only thing that works for us is puréeing and mashing cooked veggies into their meals. Tonight, I made quesadillas with puréed sweet potato, kale, and cheese. The kids gobbled them up. And for dessert, applesauce with mashed avocado! —DENISE

I have a two-bite rule: the kids have to try at least two bites of anything on their plate. This way, they may discover they like a vegetable they thought they hated. —ERICA

In a word, soup. My son loves soup of almost any kind, so if I throw in a few recognizable things he loves, like beans, peas, and carrots, I can sneak in the dark, leafy greens he otherwise won't touch. I cut them into tiny pieces or blend the soup. It never fails. —KIMMIE

Smoothies! They're sweet enough that a stalk of kale won't even be noticed. —DEBBIE

next question:

What's your favorite gluten-free nosh?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

THIS JUST IN

EDITED BY Amy Spitalnick ILLUSTRATIONS Jing Wei

Need-to-know info about your health, diet, mind, body, and the world you live in



eating (really) local

Calling yourself a "locavore" may no longer be met with blank stares, requiring you to explain that you prefer eating locally produced food. But lately, boundaries defining "local" are shrinking—from within a 100-mile radius of your home to as little as one block. Ironically, the hub for this trend of "hyperlocal" eating just may be the Web.

With the help of the new online resource Veggie Trader (veggietrader.com), Los Angeles resident Robert Moss, for one, is linking up with neighbors to swap fruit he gathers in his backyard for their homegrown produce and preserves.

"This is the ultimate in eating close to home," says Portland, Ore.–based Rob Anderson, one of the creators of the site, which has registered more than 5,000 users nationwide.

Connecting home gardeners with their neighbors to swap, buy, or sell excess fruits and veggies, Veggie Trader reinvents bartering, a practice that people who grow their own food have engaged in for millennia. Come the fall harvest, it offers a way to keep cartloads of carrots and zucchini from going to waste. "Veggie Trader is a good idea because so much stuff in people's backyards just rots," Moss says. Plus, bartering provides an added social benefit: meeting all those neighbors you never knew you had.

Another Web-based resource draws inspiration from an even more ancient practice: foraging. Fallen Fruit (fallenfruit.org) aims to map fruit trees along public streets and sidewalks so that local residents can pick fruit before it's reduced to waste. Focused for now on California and New Mexico, Fallen Fruit hopes to motivate people across the country to submit to the site neighborhood maps of public access fruit trees. "People are starting to realize that you don't have to go to the supermarket for a lemon or an orange," says Fallen Fruit cofounder Matias Viegener, a Californian. "You can just step outside your door."

—KIM CONTE


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	Wallaby Organic Lowfat Lemon	2.5 g fat 6 g prot. 140 cal.	Every spoonful delivers lemony bliss.	$0.99/6 oz. wallabyyogurt.com
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—GABRIELLE HARRADINE

what we're eating too much of this month



Chocolaty richness with a hint of sweet ... what more can you ask from a satisfying treat? **Kopali Organics Dark Chocolate Covered Bananas** offers this and more: not only bursting with healthful antioxidants and bioflavonoids, it's also fair trade–certified. $3.99; kopaliorganics.com

HOT CLICK!

foodnews.org

No luck coming up with a mnemonic device for the Dirty Dozen? You've budgeted to buy organic when it comes to the 12 most pesticide-laden conventionally grown fruits and veggies, but can't for the life of you recall which they are while navigating the produce aisles. To easily consult the Environmental Working Group's Shopper's Guide to Pesticides, download a wallet-size PDF or iPhone application of the list at this site.



LAURA J. KEIL

ask? a chef

Katy Coonfield started working as a cook at the all-organic vegan restaurant **The Red Avocado** when she was still a University of Iowa student. After graduating, Coonfield became a partner in the Iowa City, Iowa, restaurant. We asked her about **the best buys in organic food.** Her tips:



COURTESY THE RED AVOCADO

Check out the bulk section of your grocery store or co-op, where you'll get a better deal on organic grains, nuts, and dried beans, as well as on coffee beans and granola.

Prices for organic produce are a direct reflection of the season, so it's a good idea to visit Web sites such as sustainabletable.org or farmers market.com to **find out when fruits and veggies are in season** and to help you locate farmers' markets in your area. Shopping at farmers' markets cuts out the middle man, saving you money.

Community Supported Agriculture (localharvest.org) is another way to **buy directly from the farmer.** While not all CSAs are certified organic, a lot of farmers are adhering to the standards, so do your research. Generally, you sign up for an entire season and pay up front, and then each week receive a box of whatever is available at the time.

Even if you're not the co-owner of a restaurant, like me, you can still **take advantage of wholesale prices.** Find out the distributor for the organic produce at your local store, call customer service, and inquire about setting up a "buying club account." The minimum order requirement may be around $150 or $200, and there might be a fuel surcharge for delivery, so be sure to get all the details.



NO BONES ABOUT IT



Eating vegan doesn't necessarily increase your risk of brittle bones, suggests a study in the journal *Osteoporosis International.* The study discovered no real difference in bone mineral density between omnivorous women and Buddhist nuns who followed a vegan diet. "We think that the nuns consumed a large amount of soybean, and soybean is known to protect against bone loss," says study coauthor Tuan V. Nguyen of the University of New South Wales.

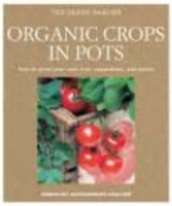
Additional research revealed that prevalence of vertebral fracture wasn't any greater in the nuns than in the omnivores.

salad days



Don't put away your gardening gloves just yet! There are plenty of veggies you can sow in September if your climate isn't prone to early frosts, says Deborah Schneebeli-Morrell, author of *Organic Crops in Pots.* "Quick-growing crops like rocket [arugula] will do well, and salads that survive the winter—such as spinach and Swiss chard—are ideal," Schneebeli-Morrell notes. Other greens she lists as thriving during autumn's shorter days include bok choy, giant red mustard, mizuna, and Russian kale.

Organic Crops in Pots **(CICO Books, $24.95)**



reality role model

[Q&A]



Bob Harper—the friendly, motivating trainer on NBC's *The Biggest Loser*—recently switched to a vegetarian diet, resulting in a cholesterol drop of 100 points. Check out the new Harper, 44, on September 15, the season eight premier of the show.

Q: What brought you to a veg conclusion?

A: It was a combination of books, starting with *Skinny Bitch*. I then moved on to *The Blue Zones* and *The Engine 2 Diet*, which has some really fantastic recipes.

Q: Do you find yourself promoting a meat-free diet to the contestants on the show?

A: I always bring up the option of a vegetable-based diet, which I call Diet A, and talk about the many easy ways to get protein, such as from beans, tofu, broccoli, and quinoa. For the contestants who insist they need their meat I have Diet B, which is still very heavy on veggies.

Q: How do you motivate change in people who are so far from being healthy?

A: The focus is as much emotional as physical. The contestants' biggest fear is that they are going to starve, but the reality is they eat every three hours. Beyond showing them how good exercise can make them feel, I teach them how to eat smart, which includes having healthy snacks on hand and learning basic cooking skills and proper food planning.

—G.H.



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ARMCHAIR TRAVELER ALERT

Missed out on a trip to a national park this summer? Even more of a reason to tune in to *The National Parks: America's Best Idea,* the latest project from documentary filmmaker extraordinaire Ken Burns. Premiering September 27 on PBS, the 12-hour, six-part series "celebrates the beauty of these parks and the vision and foresight of the men and women who made sure that this land would be preserved," says Burns. Explore more at pbs.org/nationalparks.

carrot & stick Who walks the walk ... who's nothing but talk

CARROT TO



The City of Phoenix, Ariz., for taking a big leap toward carbon neutrality. In a bid to turn the Valley of the Sun into America's first carbon-neutral metropolis, Green Phoenix aims to cut carbon dioxide emissions from city operations by 70 percent over the next three to four years. Using funds from the Obama administration's economic stimulus package, the plan will restore or protect as much as 3,000 acres of natural habitat, reclaim 85 percent of the city's wastewater, and amp up solar energy sources from the current 12.1 megawatts to 250 megawatts. Increasing regional food production is expected to reduce the need for importing goods over long distances, while creating community gardens is hoped to lower the heat-island effect that causes city temperatures to rise in response to widespread concrete and asphalt.

Called overly ambitious and pricey by critics, Green Phoenix mixes projects already under way—such as constructing a people mover train between the airport and one of the city's light-rail stops and upgrading public buildings to LEED standards—with new programs, such as providing bike rentals at light-rail stops and installing solar panels and solar water heaters in public buildings. "The question is not whether Phoenix is doing too much at once," says Mayor Phil Gordon. "The question is why weren't we all doing more sooner?"

STICK TO



Queensland, Australia, for turning the mass killing of poisonous cane toads last March into a carnival—complete with free grub, cold drinks, and prizes. Imported to Queensland in 1935 to wipe out the cane beetle, the toads are now despised as a threat to native species across Australia. The state's first "Toad Day Out," the brainchild of Queensland politician Shane Knuth, drew hundreds of gleeful Aussies toting thousands of the creatures they'd captured alive. Children won prizes, including weekend getaways, for the largest toad and the heaviest combined weight of the creatures they carted. The toads weren't so lucky—they were killed by carbon dioxide asphyxiation or freezing.

The Royal Society for the Prevention of Cruelty to Animals Queensland, for its part, "reluctantly" supported the event. "The collection and subsequent euthanizing of the toads was carried out humanely," explains RSPCA QLD spokesman Michael Beatty. He must mean relatively; according to Beatty, in the past, Knuth "encouraged entire communities to bash the toads to death with cricket bats and golf clubs." And yet the sight of children happily conspiring in the toads' death—not to mention the coldly clinical means of mass execution or the trophies created by a local taxidermist—hardly seems less chilling.

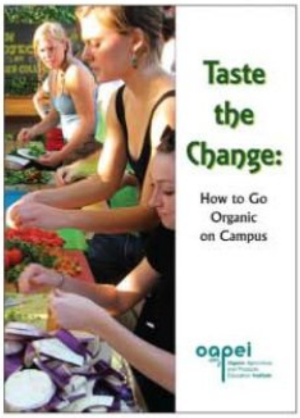
—RACHEL DOWD

YES to seed fund



Yes To Carrots C a Softer You Hand and Elbow Moisturizing Cream, $9.99

Nutrient-rich skin and hair care aren't all that Yes To Carrots products foster—up to 5 percent of sales supports the Yes To Carrots Seed Fund. Through grants to such projects as The Wood Street Urban Farm in Chicago's violence-plagued Englewood neighborhood, the fund helps underserved communities cultivate self-sustaining, organic-food sources. yestocarrots.com



organics crash course

Written by a student in the trenches, *Taste the Change: How to Go Organic on Campus* lays out the basics for "organic-fying" a college or university. The 33-page primer offers guidance in joining forces with like-minded campus groups and talking budgets and certification applications with food service managers. To download a free copy of the guide, stop by organiconthegreen.wordpress.com/taste-the-change.

—ANNA MONETTE ROBERTS

BY Gabrielle Harradine



1



2

COOKIN' KIDS

6 ways to spread foodie love to the little ones in your life



3



6



5



4

1. SPRINKLES!
K.A.F. Kids' Rainbow Snack Cakes mix makes baking fun for all ages. $6.95; kingarthurflour.com

2. DRESS UP
In pastels (shown) or brights, the Miniamo Young Chef's set scores as both functional and adorable. $19.99; amazon.com

3. HOKIE POKIE
Put your whole self in with the Head Chef Pastry Brush and Measuring Cup. $10 each; surlatable.com

4. GREEN SHOPPER
The Playful Chef Farmer's Market Set offers a colorful bag, produce scrubber, towel, and fun fact booklet. $14.99; kitchenkapers.com

GOOD GUY!

5. CHOPPING 101
Rachael Ray Tadpole Young Cooks Cutting Set is perfect for the veggie dicer in training. A portion of proceeds is donated to Yum-o!, an organization that helps teach families to cook. $29.95; cooking.com

6. MEASURE WITH PLEASURE
The Egghead Mini Measuring Cup makes measuring up to 1 ounce of liquid a breeze for kids. $3.95; wrapables.com

win! Register at vegetariantimes.com/sweeps for a chance to win The Playful Chef Farmer's Market Set.

PHOTOGRAPHY Carin Krasner STYLING Jennifer Flanagan


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BY Elizabeth Barker

ESSENTIAL OIL

A naturally nourishing must-have for supple skin and hair

The good-for-you substances that make olive oil so heart-healthy also lend this luxurious liquid a wealth of beauty benefits. "Olive oil's monounsaturated fats are exceptional at moisturizing skin and hair, while its vitamin E and polyphenols fight inflammation and destroy free radicals that stress skin," says Washington-based dermatologist Hema Sundaram, MD. Here are six olive oil–infused picks:



1 Tame an unruly mane with **John Masters Organics Shine On,** a leave-in treatment containing sea kelp as well as carrot seed and olive oils. $30/4 oz.; johnmasters.com

2 Olive oil joins a host of other natural emollients, including flaxseed oil, in **SunFeather Organic Olive Oil Body Butter.** $14.99/4 oz.; sunfeather.com

3 **Mountain Girl Botanics Mountain Honey Sugar Scrub** pairs gently sloughing fair-trade brown sugar with a rich mix of wildflower honey and organic olive and avocado oils. $16.99/10 oz.; mountaingirlbotanics.com

4 **Avalon Organics Olive & Grape Seed Moisturizing Shampoo** (shown) **and Conditioner** work wonders on coarse, dry, or damaged tresses. $8.95 /11 oz.; avalonorganics.com

5 Antioxidant pomegranate and green tea partner with olive oil in **derma e Organic Expressions Hydrating Day Crème** to help shield skin from environmental toxins. $27.50/2 oz.; dermae.net

6 **Bath by Bettijo Crisp + Clean Organic Wash** blends energizing peppermint oil and rosemary extract with luscious oils of olive, coconut, and jojoba. $22/12 oz.; bathbybettijo.com

PHOTOGRAPHY Pornchai Mittongtare STYLING Amy Paliwoda

BY Melynda Saldenais

organic favorites

5 hot chefs reveal which organic products make the cut in their kitchens

As new organic items fill supermarket shelves, the available choices can seem overwhelming. It's hard to know which products are the real standouts—and worth the extra pennies at the checkout. Our suggestion? Take five.

The five organic products spotlighted on the following pages don't just get *VT*'s vote of confidence, they are huge favorites with professional chefs. Want proof they're the best? Put them to the taste test with these quick-and-easy recipes.



SOBA NOODLE SALAD WITH GINGER PEANUT DRESSING, p. 29

PHOTOGRAPHY Carin Krasner FOOD STYLING Valerie Aikman-Smith PROP STYLING Jennifer Flanagan

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Light-and-Fast Raspberry Fool

CHEF: Amanda Cohen
Chef/owner, Dirt Candy restaurant, New York

ORGANIC PICK: Cascadian Farm Frozen Organic Red Raspberries "This year, we're starting to make our own raspberry ice cream at Dirt Candy and will use Cascadian Farm berries," Cohen says. "They're never bland—they have a pure raspberry flavor that rivals fresh berries. In fact, they're so sweet, they need little or no added sugar, even if you eat them plain." Try them in this dessert, and everyone will think you used fresh.

Light-and-Fast Raspberry Fool

SERVES 4 | GLUTEN FREE

- 1 10-oz. bag Cascadian Farm Frozen Organic Red Raspberries
- ¼ cup sugar
- 2 cups plain Greek-style nonfat yogurt
- 3 Tbs. honey
- ½ tsp. almond extract
- 2 Tbs. grated orange zest
- 2 Tbs. sliced almonds

1. Bring raspberries and sugar to a boil in saucepan. Simmer 10 minutes. Transfer to bowl, and chill 10 minutes.
2. Whisk together yogurt, honey, almond extract, and zest in bowl. Fold 1½ cups berry sauce into yogurt mixture, creating a marbled effect. Divide among bowls; garnish with almonds and leftover sauce.

PER 1-CUP SERVING: 207 CAL; 11 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 40 G CARB; 0 MG CHOL; 43 MG SOD; 4 G FIBER; 33 G SUGARS

CHEF: Beverly Lynn Bennett
Author, *Vegan Bites* and *The Complete Idiot's Guide to Vegan Cooking*

ORGANIC PICK: Muir Glen Organic Fire Roasted Tomatoes "They aren't tinny-tasting like some canned varieties," Bennett says. Fire roasted over natural hardwood, they have a sweet, smoky flavor that's great in soup.

Creamy Tomato-Basil Bisque

SERVES 8 | GLUTEN FREE | 30 MINUTES OR FEWER

- 1 Tbs. olive oil
- 1 small onion, chopped (½ cup)
- 3 cloves garlic, minced (1 Tbs.)
- 2 28-oz. cans Muir Glen Organic Fire Roasted Diced Tomatoes
- 2 tsp. sugar
- 1 tsp. balsamic or sherry vinegar
- 1 tsp. dried basil
- 1 bay leaf
- 2½ cups low-sodium vegetable broth
- ⅓ cup half-and-half or soy creamer
- ¼ cup chopped fresh basil, for garnish

1. Heat oil in saucepan over medium heat. Add onion and garlic; cook 5 minutes. Add tomatoes, sugar, vinegar, basil, bay leaf, and broth. Cover, and simmer 10 minutes. Remove bay leaf.
2. Purée soup in blender or food processor until smooth. Strain through fine mesh strainer into saucepan; return to simmer. Remove from heat, and stir in half-and-half. Season with salt and pepper, if desired. Garnish with basil.

PER 1-CUP SERVING: 89 CAL; 2 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 13 G CARB; 4 MG CHOL; 491 MG SOD; 2 G FIBER; 8 G SUGARS

CHEF: Claire Criscuolo
Owner, Claire's Corner Copia restaurant, New Haven, Conn.

ORGANIC PICK: Organic Valley Neufchatel Cheese Organic Valley wins points for its commitment to local dairies and humane livestock practices. "Plus, their Neufchatel is moist, spreadable, and a great alternative to high-fat cream cheese," Criscuolo says. For a nice switch from guacamole, try it in this layered dip.

Italian Savory Torte

SERVES 12 | GLUTEN FREE | 30 MINUTES OR FEWER

- 1 8-oz. pkg. Organic Valley Neufchatel Cheese, softened
- ¼ cup grated Parmesan cheese
- 2 Tbs. skim milk
- 2 cloves garlic, minced (2 tsp.)
- ⅓ cup prepared basil pesto
- ¼ cup chopped sun-dried tomatoes
- ¼ cup chopped kalamata olives
- 2 Tbs. toasted pine nuts

1. Beat Neufchatel, Parmesan, milk, and garlic with electric mixer until creamy. **2.** Spread cheese mixture evenly over bottom of clear glass serving dish. Spread pesto over cheese mixture. Sprinkle with tomatoes, olives, and pine nuts.

PER 2-TBS. SERVING: 112 CAL; 4 G PROT; 10 G TOTAL FAT (4 G SAT FAT); 3 G CARB; 18 MG CHOL; 196 MG SOD; <1 G FIBER; 1 G SUGARS

CHEF: Nava Atlas

Author, *Vegan Soups and Hearty Stews for All Seasons*

ORGANIC PICK: Amy's Organic Refried Beans with Green Chiles "Their silky texture and rich flavor make a great base for many dishes, including a burrito filling or bean dip," Atlas says. Here, Amy's beans star in a vegan update of a Mexican breakfast classic. It's just the ticket for a festive brunch with friends.

Tofu Rancheros

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

- 2 tsp. vegetable oil
- 1 medium onion, minced (1 cup)
- 1 Tbs. chili powder
- 2 tsp. cumin
- 2 tsp. oregano
- 1 15-oz. can tomato sauce
- 1 cup diced extra-firm tofu (14 oz.)
- 2 Tbs. lime juice
- 1 15-oz. can Amy's Organic Refried Beans with Green Chiles, warmed
- 6 6-inch corn tortillas
- 2 tomatoes, diced (2 cups)
- 1 avocado, diced (1 cup)
- ¼ cup chopped cilantro

Heat oil in skillet over medium heat. Add onion, chili powder, cumin, and oregano. Sauté 5 minutes. Stir in tomato sauce, tofu, and lime juice; simmer 10 minutes. Spread beans on tortillas, and top with tofu mixture. Garnish with tomatoes, avocado, and cilantro.

PER SERVING (1 FILLED TORTILLA WITH GARNISHES): 306 CAL; 14 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 39 G CARB; 0 MG CHOL; 670 MG SOD; 10 G FIBER; 7 G SUGARS

CHEF: Alex Jamieson

Chef and holistic health counselor, New York

ORGANIC PICK: Maranatha Organic No Stir Peanut Butter Gone are the days of remixing separated peanut oil with concrete-like peanut butter. Jamieson also likes this peanut butter because "the flavor is never bitter." Try it in this soba salad—a great take-along lunch because the flavors of the peanut dressing develop over time.

Soba Noodle Salad with Ginger Peanut Dressing

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

- 6 oz. low-sodium soba noodles
- ½ cup Maranatha Organic No Stir Peanut Butter
- ¼ cup brown rice vinegar
- 1 Tbs. agave nectar or maple syrup
- 1 Tbs. minced fresh ginger
- 2 tsp. low-sodium soy sauce
- 1 clove garlic, peeled
- 1 Tbs. lime juice
- 1 tsp. fresh lime zest
- ½ cup chopped cilantro, divided
- 1 cucumber, peeled, seeded, and sliced (1½ cups)
- 1 small red bell pepper, sliced (1 cup)
- 1 large carrot, grated (½ cup)
- 2 Tbs. chopped peanuts, optional

1. Cook noodles in boiling salted water according to package directions. Drain, and rinse under cold running water. **2.** Purée peanut butter, vinegar, agave nectar, ginger, soy sauce, garlic, lime juice, lime zest, and ¼ cup cilantro in blender or food processor until smooth and creamy, adding 2 to 3 Tbs. warm water to thin, if necessary. **3.** Toss together noodles, cucumber, bell pepper, carrot, and peanut butter mixture. Garnish with remaining cilantro and chopped peanuts, if using.

PER 1¼-CUP SERVING: 404 CAL; 13 G PROT; 17 G TOTAL FAT (4 G SAT FAT); 51 G CARB; 0 MG CHOL; 255 MG SOD; 17 G FIBER; 14 G SUGARS

Melynda Saldenais is a Denver-based chef who never gets tired of shopping for good groceries.

BY Matthew Solan

flaxseeds

These tiny grains are good for digestion, heart health, and more

In ancient Egypt, flax was considered a gift from the gods for the abundance it provided. The waist-high crop yielded stems that could be spun and then woven into linen and fishnets.

Physicians in ancient Greece used flaxseeds as a remedy for inflammation and intestinal troubles; and now researchers are shining a bright light on what ground flaxseeds can do when incorporated into your diet (grinding unlocks the benefits).

For starters, ground flaxseeds show promise as a treatment for constipation and irritable bowel syndrome. In 2003, the journal *Nutritional Genomics & Functional Foods* published a study in which subjects with constipation-predominant irritable bowel syndrome who were given ground flaxseeds suffered significantly less constipation, bloating, and abdominal pain than those taking psyllium fiber.

Flaxseeds have also been credited with reducing cholesterol levels. When 55 postmenopausal women with mildly elevated cholesterol were given 30 grams of ground flaxseed daily for three months, their total cholesterol shrank 7 percent and LDL (bad cholesterol) 10 percent, according to a study conducted at Oklahoma State University. Study leader Edralin A. Lucas, PhD, believes flaxseeds' high fiber is responsible. "Soluble fiber lowers cholesterol



PHOTOGRAPHY Mike Lorrig
PROP STYLING Andrea Kraus


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by increasing the excretion of bile," she says. "Bile is synthesized from cholesterol, and more utilization of cholesterol leads to lower blood levels."

There is evidence as well that consuming flaxseeds could help combat certain cancers. In a University of Toronto study published in 2005, recently diagnosed breast cancer patients who consumed 25 grams of flaxseeds in muffins daily for 32 days slowed their rate of cancer-cell growth by 34 percent. Similar reactions have been found in subjects with prostate cancer. A 2007 study from Duke University followed 161 men prior to prostate surgery. One-quarter of the men were randomized to normal care; one-quarter to a low-fat diet; one-quarter took 30 grams of ground flaxseed daily for an average of 30 days; and one-quarter combined the flaxseed and the low-fat diet. In the patients who took flaxseed, tumor growth was slower than it was in the groups not taking it. Lead researcher Wendy Demark-Wahnefried, PhD, RD, is exploring whether antioxidants in flax deserve credit for keeping the tumors in check or if pathways that deal with fatty acids and cell membranes play a role.

For vegetarians and vegans, flaxseeds and flaxseed oil offer plant sources of alpha-linolenic acid (ALA), which the body can convert to eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two omega-3 fatty acids. Because ALA conversion relies on an enzyme that can be less available or less active in certain people, the use of flaxseeds as a source of omega-3s has recently been contested. But research continues to suggest that flaxseed oil remains a worthy plant-based omega-3 alternative: an Emory University study published in 2006 in *The Journal of Nutrition* found that subjects given 3 grams of ALA from flaxseed oil daily for 12 weeks had a 60 percent increase in blood levels of EPA.

Getting a daily dose of flaxseeds is a straightforward matter of additions and substitutions. Flaxseed oil can go into salad dressings in place of vegetable oil, be drizzled over steamed veggies, or be mixed into cooked rice (avoid actually cooking with this delicate oil—high heat destroys its beneficial compounds).

The seeds are even more versatile: blend ground seeds into a smoothie, sprinkle over hot cereal, stir into yogurt, or add them to oven-baked items such as veggie meatloaf, bread, and muffins. Look for ground (also known as flax meal) or whole seeds, which you can grind in a coffee grinder. But perhaps

Supplement Savvy

- **What to look for:** Flaxseeds and flaxseed oil both contain ALA and lignans, but ground seeds offer the added benefit of fiber. Look for raw ground flaxseed in the bulk sections of health food stores or supermarkets (or buy whole seeds to grind yourself). When shopping for flaxseed oil, choose a product that contains at least 8,000 milligrams ALA per 1-tablespoon serving. Also look for opaque bottles to reduce the risk of spoilage; skip products that have been diluted with other oils.

- **How to take it:** Sprinkle 2 tablespoons of ground flaxseeds daily into your favorite foods, or take 1 to 2 tablespoons flaxseed oil daily with water. Start slowly with flaxseeds, advises Jane Reinhardt-Martin, RD. "Their high fiber content might cause gastrointestinal distress if you take a lot at first, so begin with 1 teaspoon daily and increase to 2 tablespoons over a few weeks."

- **Safety:** Supplement doses of flaxseeds are not recommended for pregnant and nursing women or those with a history of estrogen-sensitive cancers.

tip

For an easy egg replacer in recipes, dissolve 1 tablespoon of ground flaxseeds in 3 tablespoons of water.

the most innovative use of flaxseeds is as an egg substitute. Stirring 1 tablespoon of ground flaxseeds into 3 tablespoons of water yields a thick, slightly sticky mixture that can be used to replace one egg. For vegan cooks and for bakers looking to cut down on the fat and cholesterol of eggs, that use alone is a healthful godsend.

Super-Flax Whole-Wheat Boule

MAKES 16 SLICES | VEGAN

This dense, crusty loaf calls for flaxseeds in three different forms: soaked, ground, and whole (raw) for decorating the top.

- 1 cup plus 1 Tbs. flaxseeds, divided, plus more for sprinkling top of bread
- 2 Tbs. sugar, agave nectar, or honey
- 1 0.75-oz. pkg. active yeast (not rapid-rise)
- 3 cups all-purpose or bread flour
- 1½ cups whole-wheat flour
- 1½ tsp. salt

1. Place ½ cup flaxseeds in bowl, and cover with 3 inches water. Let soak overnight.
2. Combine sugar, yeast, and 2 cups warm water in measuring cup. Let stand 5 minutes, or until liquid is cloudy and smells yeasty.
3. Grind remaining ½ cup plus 1 Tbs. flaxseeds in coffee grinder. Stir together all-purpose flour, whole-wheat flour, and salt in large bowl. Drain soaked flaxseeds, and stir into flour mixture. Add yeast/water mixture, and stir until smooth dough forms, adding up to ¼ cup more water, if necessary.
4. Transfer dough to well-floured work surface. Knead 7 to 10 minutes, or until dough is smooth and no longer sticks to your fingers, adding flour as needed. Shape into ball, and place in large bowl coated with oil. Cover, and let rise in warm place 1 to 1½ hours, or until doubled in size. Punch down, reshape into ball, and let rise 1 hour more.
5. Preheat oven to 400°F, and coat large baking sheet with oil or cooking spray. Shape dough into tight ball, and place on prepared baking sheet. Brush dough ball with water, and sprinkle with flaxseeds. Cut a tic-tac-toe crisscross in top of loaf. Bake 45 minutes to an hour, or until loaf is dark brown and sounds hollow when tapped. Cool on wire rack at least 15 minutes before slicing.

PER SLICE: 197 CAL; 7 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 32 G CARB; 0 MG CHOL; 223 MG SOD; 6 G FIBER; 2 G SUGARS

Florida-based health writer Matthew Solan adds ground flaxseed to every postworkout smoothie.

BY Mary Margaret Chappell

crêpes 101

Fancy or plain, crêpes are a cinch to make at home



No offense to the American breakfast favorite, but crêpes are so much more than thin, pliable pancakes. Filled, folded, and served hot from the skillet or warm from the oven, crêpes can be made sweet or savory, and they can be turned out in large or small numbers for an elegant dinner party entrée or an easy snack for kids on a rainy afternoon. Once you've mastered the pour-tilt-swirl motion for making crêpes in a basic skillet (no griddle or special pan necessary), test it out on the following recipes, which can easily be doubled or tripled. Before you know it, you'll be flipping, filling, and folding like a pro.

SWEET CORNMEAL CRÊPES WITH FRESH BLUEBERRIES

PHOTOGRAPHY Ray Kachatorian FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk



WHAT YOU'LL NEED

- Mixing bowl
- Wire whisk or electric mixer
- Liquid measuring cup
- 9- or 10-inch nonstick skillet
- Canola oil
- Paper towels

3 EASY STEPS

1. Lightly grease nonstick skillet with paper towel dipped in canola oil; heat pan over medium to medium-high heat until drop of water sizzles on surface. Pour ¼ cup to ⅓ cup batter onto one side of pan.

2. Lift skillet off of burner, and tilt pan to spread batter until it covers bottom completely. Cook 1 to 2 minutes, or until edges begin to brown.

3. Loosen edges of crêpe, and flip with thin spatula. Cook 30 seconds more. Add filling, fold or roll up crêpe, and remove to plate. Repeat process with remaining batter and filling. Regrease pan as necessary (about every third crêpe or so, just as you would for pancakes).

Sweet Cornmeal Crêpes with Fresh Blueberries

MAKES 20 CRÊPES

Cornmeal and blueberries are a match made in heaven. For assembling ease, make the crêpes ahead of time, wrap in aluminum foil, and keep warm in the oven.

CORNMEAL CRÊPE BATTER

- 1 cup all-purpose flour
- 1 cup yellow or white cornmeal
- ½ cup sugar
- 2 Tbs. grated lemon zest
- ½ tsp. salt
- 3 large eggs, lightly beaten
- 2 cups low-fat milk
- 1 tsp. vanilla extract

FILLING

- 3 cups fresh blueberries
- 8 oz. blueberry jam

1. Whisk together flour, cornmeal, sugar, lemon zest, and salt in bowl. Whisk in eggs; mixture will be shaggy. Whisk in milk ½ cup at a time until batter is smooth. Whisk in vanilla. Cover, and chill 30 minutes, or overnight.
2. Place blueberries in bowl. Bring jam and 1 cup water to a boil in saucepan. Simmer 1 minute. Cool 5 minutes, then fold jam into berries.
3. Preheat oven to 200°F, if serving right away. Whisk ¼ cup water into batter to thin. Lightly grease 9-inch nonstick skillet with canola oil. Heat skillet over medium-high heat.
4. Pour ¼ cup batter into hot skillet, lifting and turning pan to swirl batter so that it coats bottom of pan. Cook 1 to 2 minutes, or until edges begin to brown and center is dry. Flip, and cook 30 seconds to 1 minute more. Transfer crêpe to plate, and place in warm oven. Repeat with remaining batter.
5. To serve: Place 1 crêpe on plate, and fill with 2 Tbs. filling. Fold sides of crêpe over filling. Repeat with second crêpe and filling. Drizzle 2 Tbs. filling over both crêpes.

PER SERVING (2 FILLED CRÊPES): 277 CAL; 6 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 56 G CARB; 66 MG CHOL; 161 MG SOD; 2 G FIBER; 31 G SUGARS

Parisian-style Sweet Crêpes

MAKES 8 CRÊPES

Cafés and brasseries in the French capital sell passersby sweet crêpes slathered in butter, jam, chestnut purée, and (*VT* favorite) Nutella. The experience is easy to re-create at home for breakfast, Sunday supper, or a snack.

CRÊPES

- 1¼ cups all-purpose flour
- ⅓ cup sugar
- ½ tsp. salt
- 1 large egg, lightly beaten
- 1 cup low-fat milk
- 1 tsp. vanilla extract

FILLINGS (OPTIONAL)

- Butter
- Sugar
- Nutella
- Jam
- Apple butter
- Crème de marrons (chestnut purée)

1. Whisk together flour, sugar, and salt in bowl. Whisk in egg; mixture will be shaggy. Whisk in milk ¼ cup at a time. Whisk in vanilla. Cover, and chill 30 minutes, or overnight.
2. Whisk ¼ to ½ cup water into batter to thin. Lightly grease 9-inch nonstick skillet with canola oil. Heat skillet over medium-high heat.
3. Pour ¼ cup batter into hot skillet, tilting pan to swirl batter so it coats bottom of pan. Cook 1 to 2 minutes, or until edges begin to brown and center is dry. Flip; cook 30 seconds to 1 minute more.
4. Transfer crêpe to plate, and repeat with remaining batter. To serve crêpes: Reheat 1 minute in lightly greased skillet. Spread with desired fillings, fold into quarters, and serve.

PER CRÊPE: 132 CAL; 4 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 25 G CARB; 28 MG CHOL; 168 MG SOD; <1 G FIBER; 10 G SUGARS



Two-Cheese Buckwheat Galettes

Two-Cheese Buckwheat Galettes

MAKES 8 CRÊPES | GLUTEN FREE

These savory crêpes are a specialty of Brittany in the western region of France. It is still a tradition in many families to make galettes for Friday night dinner. The batter must be beaten well and allowed to rest 12 to 24 hours to develop a consistency that will stick to the pan.

GALETTES

- 1½ cups buckwheat flour
- 1½ tsp. salt
- 1 large egg
- 1 tsp. honey

FILLING

- 1 cup grated low-fat Gruyère cheese
- 1 7-oz. log goat cheese, cut into 16 rounds
- 1 tsp. cracked black pepper, optional

1. Whisk together flour and salt in large bowl. Beat egg and honey with 2 cups cold water. Using electric mixer, gradually beat egg mixture into flour mixture until batter is smooth. Beat 6 to 10 minutes, or until batter is light and thickened slightly. Cover with plastic wrap, and refrigerate 12 to 24 hours.

2. Preheat oven to 200°F, and place large baking sheet on oven rack. Whisk ½ to 1 cup water into chilled galette batter to thin. Lightly grease 9-inch nonstick skillet with canola oil. Heat skillet over medium heat.

3. When skillet is hot, pour in ⅓ cup batter, lifting and turning pan to swirl batter so it coats bottom of pan. Cook 2 to 3 minutes, or until edges begin to brown and center is dry. Loosen edges of galette, and flip with spatula, then sprinkle with 2 Tbs. grated Gruyère. Cook 30 seconds to 1 minute, or until cheese begins to melt. Fold in half, and place 1 goat cheese round in center. Fold galette in half once more to make fan shape. Place 1 more goat cheese round on top of galette, and transfer to baking sheet in oven to keep warm. Repeat with remaining batter and filling ingredients. Sprinkle each galette with cracked black pepper, if using.

PER GALETTE: 188 CAL; 12 G PROT; 8 G TOTAL FAT (5 G SAT FAT); 17 G CARB; 43 MG CHOL; 574 MG SOD; 2 G FIBER; 2 G SUGARS

tip

The first crêpe in a batch rarely (if ever) turns out perfectly, even for the pros. Use it to test for pan heat and batter texture, and adjust both if necessary.

Seeded Crêpes with Tomato-Mushroom Filling

MAKES 6 CRÊPES | VEGAN

Almond milk and ground flaxseeds replace dairy and eggs in this batter.

BATTER

- 2 Tbs. ground flaxseeds or flaxseed meal
- 1 cup all-purpose flour
- ½ tsp. salt
- 1½ Tbs. olive oil
- ¾ cup almond milk or oat milk, divided
- 1½ Tbs. raw sunflower seeds
- 1 Tbs. sesame seeds
- 1 Tbs. whole flaxseeds
- 1½ tsp. poppy seeds

FILLING

- 3 stalks fresh parsley
- 3 large sprigs fresh thyme
- 1 large bay leaf
- 2 Tbs. olive oil, divided
- 3 large shallots, finely chopped (1 cup), divided

2 lb. button mushrooms, sliced (8 cups)
4 cloves garlic, minced (4 tsp.), divided
1 28-oz. can chopped tomatoes
½ cup chopped fresh parsley, for garnish

1. Whisk ground flaxseeds with ¼ cup warm water in small bowl. Let stand 15 minutes.
2. Whisk together flour and salt in bowl. Whisk in ground flaxseed mixture, then oil. Whisk in ½ cup almond milk ¼ cup at a time, until batter is smooth. Mix in sunflower seeds, sesame seeds, whole flaxseeds, and poppy seeds. Cover, and chill 30 minutes, or overnight.
3. Tie together parsley, thyme, and bay leaf with kitchen twine to make bouquet garni. Heat 1 Tbs. oil in Dutch oven over medium-high heat. Add ½ cup shallots, mushrooms, and 2 tsp. garlic. Cook 10 minutes, or until vegetables are browned, stirring frequently. Transfer to plate.
4. Reduce heat to medium, and add remaining 1 Tbs. oil to Dutch oven. Sauté remaining ½ cup shallots in oil 3 to 4 minutes, or until just beginning to brown. Add tomatoes, remaining 2 tsp. garlic, and bouquet garni; cover; and reduce heat to medium. Simmer 10 minutes. Uncover, and simmer 5 minutes more, or until most of liquid has evaporated. Stir in mushrooms, and cook 3 minutes, or until heated through. Keep warm.
5. Preheat oven to 200°F. Whisk remaining ¼ cup almond milk and 2 Tbs. water into chilled crêpe batter to thin. Grease 9-inch nonstick skillet with canola oil. Heat skillet over medium-high heat.
6. Pour ⅓ cup batter into hot skillet, lifting pan to swirl batter so it coats bottom of pan. Cook 2 to 3 minutes, or until edges begin to brown and center is dry. Flip, and cook 30 seconds more. Transfer to plate, and place in warm oven. Repeat with remaining batter.
7. To serve: Place 1 crêpe on plate, and fill with ½ cup filling. Garnish with parsley, and fold sides over filling. Repeat with remaining crêpes and filling.

PER CRÊPE: 286 CAL; 9 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 34 G CARB; 0 MG CHOL; 436 MG SOD; 6 G FIBER; 8 G SUGARS

BY Joyce Sangirardi



GINGER-MISO YAM WRAPS

Rev up your lunches with these fresh twists on wrap sandwiches

wrap & roll

Who says a wrap has to be a big starchy thing that looks like a burrito and is loaded with fatty ingredients? We've reworked the concept to use an assortment of foldable edibles—rice paper wrappers, leafy greens, and sushi nori—that weigh in at a fraction of the calories of a tortilla. Filled with tasty combinations, these recipes let you liven up lunches without overloading on calories.

PHOTOGRAPHY Pornchai Mittongtare

FOOD STYLING Liesl Maggiore

PROP STYLING Amy Paliwoda

Ginger-Miso Yam Wraps

SERVES 4 | VEGAN

Tofu and edamame give these wraps plenty of protein. Feel free to substitute chard or flat-leafed kale for the collards.

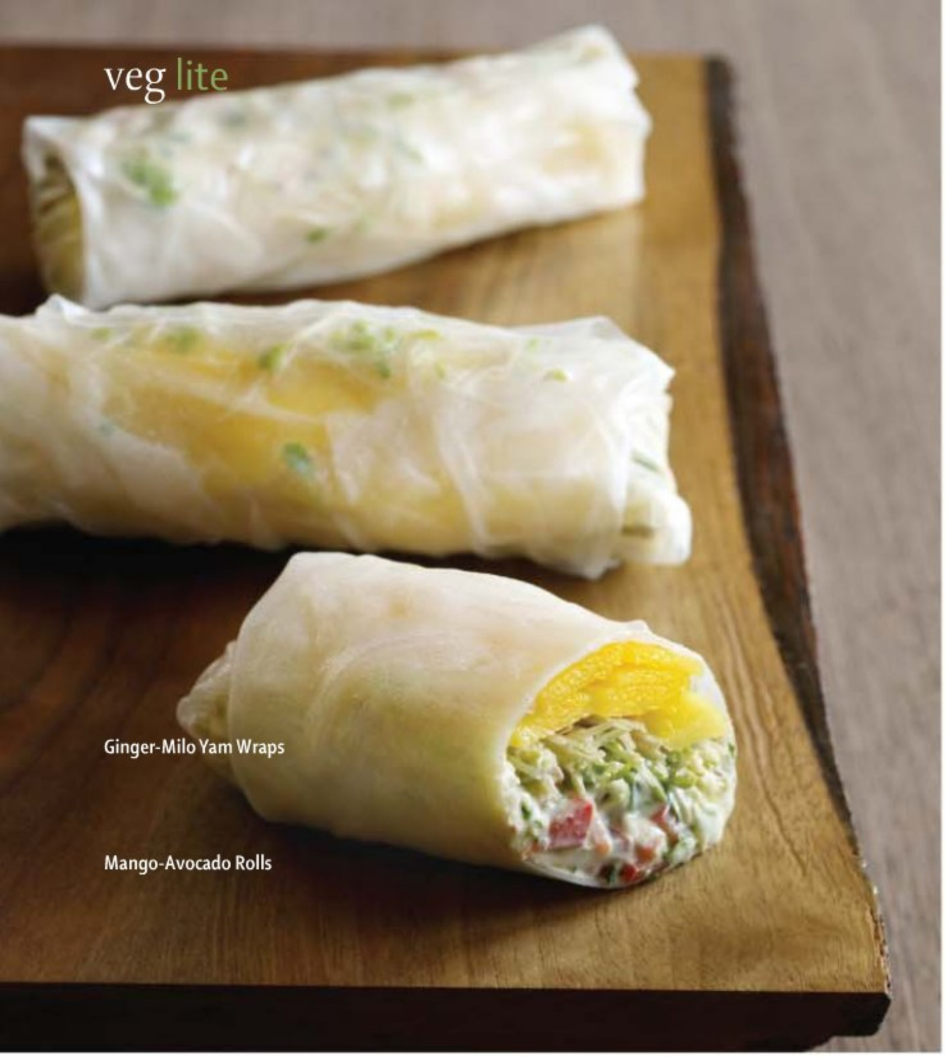
- 2 small yams or sweet potatoes (1 lb.)
- 2 Tbs. white miso paste
- 1 Tbs. smooth peanut butter
- 2 Tbs. finely chopped shallot
- 1 Tbs. minced fresh ginger
- 2 cloves garlic, minced (2 tsp.)
- 1 cup frozen shelled edamame
- ¼ tsp. cayenne pepper
- 6 oz. firm silken tofu, crumbled (1 cup)
- 2 Tbs. chopped cilantro
- 8 collard green leaves, stems removed

1. Preheat oven to 400°F. Cut thin slice off both ends of yams, and poke skins with knife in several places. Bake 50 minutes, or until soft, turning once. Halve yams, and scoop flesh into bowl. Mash in miso and peanut butter.
2. Meanwhile, coat skillet with cooking spray, and heat over medium heat. Sauté shallot, ginger, and garlic 3 minutes, or until soft. Add edamame, ¼ cup water, and cayenne; cook 3 minutes more. Remove from heat, and stir in tofu, cilantro, and yam mixture. Cool.
3. Place 1 collard green leaf on work surface. Spoon ⅓ cup yam mixture in center of leaf. Roll bottom edge over mixture; tuck in sides. Roll up to top edge. Place, seam-side down, and repeat with remaining ingredients.

PER SERVING (2 ROLLS): 179 CAL; 10 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 25 G CARB; 0 MG CHOL; 302 MG SOD; 5 G FIBER; 8 G SUGARS

SALAD PLATE BY VERA WANG NATURALS, FROM MACYS.COM


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Ginger-Milo Yam Wraps

Mango-Avocado Rolls

Nori, Egg, and Potato Rolls

SERVES 4 | GLUTEN FREE

Nori, the roasted sheets of seaweed used to make sushi, add a little extra something to a homey potato salad wrap.

- 2 medium white potatoes, cut into 3-inch matchsticks (12 oz.)
- 4 large eggs
- ¾ tsp. sweet paprika
- 2 tsp. olive oil
- ¼ cup finely chopped red onion
- 3 Tbs. finely chopped celery
- 3 Tbs. finely chopped green bell pepper
- 2 Tbs. reduced-fat vegan mayonnaise, such as Vegenaise
- 1 tsp. Dijon mustard
- 8 large sheets nori

1. Soak potatoes in cold water 15 minutes. Boil eggs 9 minutes; rinse and peel. Chop eggs, and transfer to bowl.
2. Drain potatoes, and toss with ½ tsp. paprika. Heat oil in skillet over medium



Nori, Egg, and Potato Rolls



HEATH COUPE RIMLINE BREAD PLATE, FROM HEATHCERAMICS.COM

Mango-Avocado Rolls

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Vietnamese rice paper wrappers (also called *báhn tráng*) are easy to work with once you've moistened one or two and gotten a feel for how they soften up. You can also serve these wraps as appetizers by slicing them in half on the bias and serving them standing pointy-end up.

- ⅔ cup diced avocado
- 2 Tbs. lime juice
- 2 tsp. grated lime zest
- ⅔ cup finely chopped red bell pepper
- ½ cup vegan cream cheese, softened
- ⅓ cup thinly sliced green onions (white and pale green parts)
- ⅓ cup chopped cilantro
- 1 tsp. chile sauce, such as sriracha
- 8 8½-inch Vietnamese rice paper wrappers
- 2 cups alfalfa sprouts
- 1½ cups thinly sliced fresh mango

1. Combine avocado, lime juice, and lime zest in small bowl. Stir in bell pepper, cream cheese, green onions, cilantro, and chile sauce; set aside.
2. Fill large bowl (9-inch diameter) with warm water. Submerge 1 rice paper wrapper 10 seconds in water, or just until it becomes soft. Remove wrapper to flat work surface, and let rest 30 seconds; it will become more pliable.
3. Spoon scant ¼ cup avocado mixture just below middle of rice paper wrapper, leaving 1-inch border on either side. Top with ¼ cup alfalfa sprouts and 2 to 3 mango slices. Fold bottom of rice paper wrapper up over filling, pressing filling as you go. Fold both sides of rice paper inward. Gently press to seal. Roll up wrapper to top edge. Brush water on top edge, if necessary, to seal. Repeat with remaining wrappers, avocado, sprouts, and mango.

PER SERVING (2 ROLLS): 227 CAL; 6 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 37 G CARB; 0 MG CHOL; 129 MG SOD; 4 G FIBER; 11 G SUGARS

heat. Stir-fry potatoes 10 minutes, or until browned. Stir potatoes, onion, celery, bell pepper, mayonnaise, mustard, and remaining ¼ tsp. paprika into eggs. Season with salt and pepper, if desired.

3. Place 1 sheet nori on work surface. Spoon ½ cup potato mixture in center of nori sheet (shown opposite, A). Fold all 4 corners up (B), tuck in edges (C), and invert (D) to create a round package. Repeat with remaining filling and nori. Chill 20 minutes, or until ready to serve.

PER SERVING (2 ROLLS): 203 CAL; 8 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 20 G CARB; 212 MG CHOL; 148 MG SOD; 2 G FIBER; 2 G SUGARS

Raw Swiss Chard Veggie Wraps with Creamy Pecan Spread

MAKES 6 WRAPS | VEGAN | GLUTEN FREE

This recipe uses both the leaves and the stems of Swiss chard. Soaked pecans make a creamy filling that's packed with protein and antioxidants. For sturdier wraps, use a double layer of chard leaves.

CREAMY PECAN SPREAD

- 1 cup raw pecans
- 1 tsp. ground cumin
- 1 clove garlic, minced (1 tsp.)

SWISS CHARD VEGGIE WRAPS

- 6 large Swiss chard leaves
- 1 cup grated carrots
- ½ cup thinly sliced red onion
- ¼ cup lime juice
- 2 Tbs. olive oil
- 2 small tomatoes, cut into wedges
- 1 small cucumber, peeled and cut into matchsticks

1. To make Creamy Pecan Spread: Place pecans in large bowl, and cover with cold water. Soak at room temperature 8 hours, or overnight.

2. To make Swiss Chard Veggie Wraps: Trim center ribs from chard leaves, set leaves aside, and dice ribs, like celery. Toss together diced chard ribs, carrots, onion, lime juice, and oil in bowl. Cover, and refrigerate overnight.

3. Drain pecans, reserving soaking water. Place pecans, ¼ cup soaking water, cumin, and garlic in bowl of food processor; purée 2 to 3 minutes, adding more water if needed for a creamy spread. Season with salt and pepper, if desired.

4. Place 1 chard leaf on work surface. Spread with 2 heaping Tbs. Creamy Pecan Spread, leaving 1-inch border on all sides. Spoon ⅓ cup carrot mixture down center of leaf. Top with 3 or 4 tomato wedges and 3 or 4 cucumber matchsticks. Roll chard leaf from bottom up into tight cylinder, tucking in sides as you go. Secure with toothpick. Chill 15 minutes, or store up to 2 days in fridge.

PER WRAP: 180 CAL; 3 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 8 G CARB; 0 MG CHOL; 36 MG SOD; 3 G FIBER; 3 G SUGARS

Food stylist Joyce Sangirardi cooked up a storm for this issue of VT. *For her take on taverna cuisine, check out "Go Greek" on p. 50.*

BY Ligaya Figueras



one-on-one with Tony La Russa

This major league manager goes to bat for animals

Five-time Manager of the Year–winner Tony La Russa has helmed the St. Louis Cardinals since 1996. A former infielder, La Russa places third on Major League Baseball's roster of all-time managerial wins. Now, he's part of another winning recipe: a line of all-natural vegetarian salad dressings and marinades, developed by close friends Bill and Catherine Dieterich and dubbed At-the-Plate. A portion of proceeds benefits the Animal Rescue Foundation (tlr-arf.org), a nonprofit that La Russa, 64, cofounded with his wife, Elaine, in 1991. ARF provides adoption, dog training, emergency veterinary assistance, and other services for abandoned animals.

Q When did you go veg?

A Back in 1977, when I was a player-coach, I came back from a road trip, and my wife was watching a PBS documentary on how veal comes to the table. As soon as I walked in the door, she said, "We will never eat veal again." So that started it. Very soon after, all red meat disappeared from our plates, and then chicken and turkey, and then fish. Within a year to a year and a half, we were totally vegetarian.

Q What led you to start ARF?

A In 1990, I was managing the Oakland A's, and we played a televised game against the Yankees. A stray cat wandered onto the field and into our dugout—it's on the footage! After the game was over, animal control came to get the cat. I called my wife to let her know I'd be home soon, and she asked, "What happened to the cat?" I said, "Well, animal control." She said, "That cat will never make it." The next morning I called animal control and said, "Look, I'll come pick up the cat." They were ready to put it down, they were so overwhelmed. After flaming out at a few nonprofits, we finally found a place for the cat. That was the awakening.

Q An ARF service, People Connect, seeks to cultivate the bond between people and animals. Can you talk more about that?

A ARF is the leader in developing programs where animals rescue people. That's what ARF is: people rescuing animals, animals rescuing people. Abused kids, teens in trouble, seniors, hospital patients.... It's amazing stuff.

Q Do you have pets of your own?

A We foster a lot of dogs and cats, since we're part of ARF's foster system. All our animals are rescue animals.

St. Louis–based freelance journalist Ligaya Figueras grew up in a house with rescued stray cats and a radio tuned to Cardinals baseball.

COURTESY STEPHANIE SECREST

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BY Rachel Dowd

how to buy healthy bread

Not all loaves are created equal. Here's what you need to know

Kate Hahn loves bread so much that on occasion her boyfriend has kept quiet after buying a loaf just to be sure there would be enough for lunch the next day. It's a lifelong fondness for Hahn, who grew up baking homemade bread. Now in her 30s and navigating the busy life of a writer in Los Angeles, she's content to buy it. Whether she brings home rustic rolls or her favorite loaf of sourdough, one thing is certain: "It will be eaten," she says, laughing. "If there is good bread in the house, it's usually gone that night."

Like Hahn, many of us opt for the convenience of store-bought bread, though it's not always easy to pick the right loaf. Ingredients lists are filled with baffling terms such as "unbleached wheat flour," and bread packages bear a range of health claims, including "heart healthy," "for digestive health," and "double fiber."

"Bread labels can be so confusing," says Bonnie Liebman, director of nutrition at the Center for Science in the Public Interest. "It can make you feel like throwing up your hands."

But with a little label know-how, anyone can crack the code and buy healthful bread. To determine the truly good from the just good sounding, follow this advice from the experts.



PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Choose 100 percent whole grain. An intact kernel of wheat is made up of three parts: an outer coat of bran, an inner layer of germ, and starchy endosperm in between. When wheat is refined to make white flour, the bran and germ are stripped away, along with the lion's share of the grain's fiber, vitamins, minerals, and phytonutrients.

"The simplest rule of thumb is to look for whole-grain bread," says Liebman. "Studies find that consuming more whole grains may lower your risk of heart disease and diabetes and may help prevent obesity. Look at the ingredients list to see if the bread is made with all whole grains, like whole wheat, whole rye, or whole oatmeal."

Believe what you see. Rachel Beller, MS, RD, founder of Beller Nutritional Institute in Beverly Hills, Calif., tells her patients to trust their eyes when choosing bread: "Check to see that you can spot actual grains or pieces of grain—and not just on top. They make your body work harder to digest and prevent blood sugar from spiking." Vegetarian and vegan nutritionist Dina Aronson, MS, RD, agrees: "Even whole-grain bread made from whole-grain flour is not as healthful as intact whole grains," she says.

Know how to spot refined white flour in disguise. "Wheat flour is just a code name for white flour," says Peter Reinhart, Johnson & Wales baking instructor, founder of Brother Juniper's Bakery, and author of *The Bread Baker's Apprentice*. For that matter, so is unbleached flour and enriched wheat flour. Any time you see "enriched," you know that you're getting white flour incognito. Flour that has been refined (stripped of its bran and germ) has some B vitamins and iron replaced via chemical enrichment, leaving the newly refined flour deficient in other important vitamins, minerals, and phytochemicals.

Watch out for partial promises. Breads that are "made with whole grains" contain some whole grain but are usually made with refined white flour as well. Similarly, a "multigrain" label only tells you that the bread contains different kinds of grains. "But it doesn't mean they haven't been pulverized and refined," Beller explains. And breads that say they are "whole wheat" may or may not be made with whole-grain wheat. "It just means they used some whole wheat in the bread," she adds. "Check to see if whole wheat is the first ingredient."





SHOPPER'S CHECKLIST

Rachel Beller, MS, RD, founder of Beverly Hills, Calif.–based Beller Nutritional Institute, breaks down the ideal nutritional content in a slice of bread:

- **Calories:** 80
- **Fiber:** 3 to 5 grams
- **Protein:** 4 grams
- **Carbohydrates:** 15 grams
- **Sodium:** 125 milligrams
- **Sugar:** 3 grams or less; listed after 5th ingredient

Give it a squeeze. Beller advises her clients to give a loaf of bread a gentle squeeze before buying. "If it compresses way too easily, keep moving," she says. "The denser the bread, the closer you're getting to the whole grains you want." Truth is manufacturers have a tough time making nourishing bread that's also soft and fluffy. "So sometimes they rely on chemicals," Aronson says, "which you also don't want."

BREAD FAQs

To Reinhart, bread is more than a mixture of flour, water, yeast, and salt. "It's such a simple, humble food and yet the flavors immediately satisfy us on deeper levels of our existence," he says. This may explain why taste trumps health for many bread shoppers, including Hahn. "It has to taste good," she says. "I can't feel like I'm duty-bound to just my health."

While there will always be a place for white bread—Aronson loves to

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3 WAYS TO KEEP IT FRESH (and how to use what's not)

We asked bread gurus Nancy Silverton, creator of La Brea Bakery, and Peter Reinhart, Johnson & Wales baking instructor, founder of Brother Juniper's Bakery, and author of *The Bread Baker's Apprentice*, the best way to stave off staleness.

1. Keep bread in a cool, dry place out of direct sunlight. If you don't have a bread box, find a cupboard or a nook in the pantry.

2. Freeze what you won't eat within two to three days. French or Italian breads made without any oils have a very short shelf life, so consider freezing them earlier.

3. Allow frozen bread to thaw slowly at room temperature. Throw in the oven for 5 minutes before serving. Get ready to eat what you heat, however. Frozen bread dries out quicker than fresh.

4. Get the knack for recipes that benefit from slightly stale (four-day-old) bread, such as French toast, grilled cheese sandwiches, and bread pudding.

dip the end of a French baguette in hummus—breads can be deeply wholesome and delicious too. In fact, bakers have begun adding nutrient-rich ingredients, such as berries, nuts, yogurt, and seeds, as well as supplemental fiber and protein for extra punch per slice.

Yet as bread makers continue to tinker with one of America's favorite foods, questions naturally arise about what are just gimmicks and what truly are gifts.



Where does the double fiber come from? Breads with double fiber usually have about 6 grams per slice, which comes from adding fiber-rich bran (½ cup contains 12 grams of fiber and 5 grams of protein) or fibers from soy, oats, cellulose, or inulin, a prebiotic that helps spur the growth of good bacteria in your gut. While isolated fibers may do some good with irregularity or constipation, there's no proof yet that they lower your risk of heart disease and diabetes. "Whole-grain fiber in the whole grain seems to benefit us more than when we get it as a supplement," explains Reinhart. "Whole foods are better than reconstructed foods."

Is light bread a good option for people watching their weight?
If you need help with portion control, it might be. Light breads deliver about 50 calories per slice, but each slice weighs about 0.75 ounce, which is about half that of most regular slices. Aronson suggests another trick for managing your portions: freeze a favorite sliced bread (if you buy at the bakery, ask them to slice it) and remove two to three slices at a time. "It certainly is possible—easy even—to overdo bread," she says.

Should I opt for breads with the fewest ingredients? Not necessarily. "Bread doesn't have to be a slab of flour, salt, and yeast," Aronson says. "It's an opportunity to incorporate things we know are good for us, like seeds, nuts, dried fruits, and whole grains. Adding a whole food, like flaxseeds, which add flavor, complexity, texture, and nutrition, is fantastic."

Do sprouted breads have special benefits? "When grains are sprouted," Reinhart explains, "starches and proteins are converted into smaller molecules that are easier to digest." That means sprouted breads offer more essential amino acids, minerals, and B vitamins than standard whole-grain varieties. Aronson adds that the amount of usable iron is higher in sprouted breads, thanks to phytase, an enzyme activated during the sprouting process that breaks down a powerful iron blocker found in intact grains. "Ounce for ounce, sprouts are the most nutritious of all foods," Reinhart says. "A sprouted grain has become, in effect, a vegetable."

Bakery bread or store-bought? "If the two loaves are identical nutritionally," Reinhart explains, "you're going to feel differently about the one that makes you feel a sense of connection." Aronson feels that bond when she buys bread from The Bread Company Montclair, her local bakery in Montclair, N.J. Of course, store loaves can offer connection too. "If the flavor is vibrant with a sense of authenticity," Reinhart says, "that's almost as powerful as knowing the person who made it."

Rachel Dowd is a freelance writer currently rethinking the wisdom of her favorite sandwich: tomato with Vegenaise on sourdough.

BY Joyce Sangirardi



For family occasions and friendly gatherings, serve up the rich tastes of taverna cuisine

go greek!

PHOTOGRAPHY Carin Krasner FOOD STYLING Robyn Valarik PROP STYLING Robin Turk

CLOCKWISE FROM TOP: PLATTER, FROM MERCADO; SMALL PLATE WITH FOOT, FROM SUEFISHERKING.COM; BURL STONEWARE PLATTER, FROM ALGABAR

FACING PAGE, CLOCKWISE FROM TOP LEFT:

WALNUT-STUFFED EGGPLANT

SPINACH-ZUCCHINI SOUP

ARTICHOKE-POTATO MEDLEY



Homemade Baklava, p. 55

Ask anyone who's traveled to Greece about his or her favorite dining experience and the answer will probably be a meal in a taverna, the Greek equivalent of a pub or bistro. The dishes are usually served family style, which gives taverna meals a festive feel even though both the cooking and the decor are fairly simple. (Who needs fancy sauces or expensive linens when you're sitting on a terrace with a view of the Aegean?) At home, taverna cuisine is ideal for casual entertaining. Simply cover the table with a cotton cloth, set out bowls of hummus and baba ghanoush, then serve the following recipes with chilled white wine, and piles of warmed pitas. Take the party outside if it's warm enough, but if you can't, the dining room will do. With food this good, guests won't even miss the view.

Artichoke-Potato Medley

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

For extra color, use a combination of potato varieties and serve on a bed of arugula or watercress.

- 1 lb. small red potatoes, quartered
- 2 10-oz. boxes frozen artichoke hearts, thawed
- 1½ Tbs. olive oil
- ½ cup pitted kalamata olives, chopped
- 3 cloves garlic, minced (4 tsp.)
- 3 Tbs. chopped parsley
- 2 Tbs. lemon juice
- 2 tsp. grated lemon zest
- ¾ tsp. sweet or smoked paprika
- 3 hard-boiled eggs, chopped, optional

1. Bring potatoes to a boil in large pot of salted water. Reduce heat to medium-low, and simmer 5 minutes, or until potatoes are just tender. Drain.

2. Return potatoes to saucepan; heat over high heat with artichokes and oil. Cook 5 minutes, or until vegetables start to brown, stirring occasionally. Add olives, garlic, parsley, lemon juice, lemon zest, and paprika. Season with salt and pepper, if desired. Cook 5 minutes more, or until fragrant and heated through. Serve garnished with chopped eggs, if using.

PER 1-CUP SERVING: 171 CAL; 4 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 24 G CARB; 0 MG CHOL; 231 MG SOD; 7 G FIBER; 1 G SUGARS

Spinach-Zucchini Soup

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

This light soup is full of sunny flavors like lemon, zucchini, and dill. Serve with warm pita bread.

- 1½ Tbs. olive oil
- 1 large onion, diced (2 cups)
- 1 medium zucchini, cut into ¾-inch pieces (2 cups)
- 2 cups low-sodium vegetable broth
- 1½ cups cooked white beans, such as cannellini, or 1 15-oz. can white beans, rinsed and drained
- 4 cups baby spinach (4 oz.)
- 2 Tbs. lemon juice
- 2 tsp. grated lemon zest
- 4 tsp. finely chopped mint leaves

Heat oil in large saucepan over medium heat. Sauté onion 3 to 5 minutes, or until translucent. Add zucchini, and cook 8 minutes more, or until vegetables are well browned. Add vegetable broth and 2 cups water, and bring to a boil. Stir in beans and spinach, and return to a boil. Reduce heat to medium-low, and simmer 5 minutes, or until spinach is wilted. Stir in lemon juice, zest, and mint. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 133 CAL; 6 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 21 G CARB; 0 MG CHOL; 189 MG SOD; 6 G FIBER; 4 G SUGARS

When shopping, choose medium-size eggplants about 4 to 5 inches in diameter. They're milder and more tender than large ones.



Walnut-Stuffed Eggplant

Walnut-Stuffed Eggplant

SERVES 6

These individual-serving entrées can be made ahead, then reheated just before serving. Salting the eggplant before cooking it eliminates any potential bitterness, but skip this step if you're watching your sodium.

- 3 medium eggplants (3 lb.)
- 2 Tbs. plus 4 tsp. olive oil, divided
- 2 medium onions, diced (3 cups)
- 1½ pt. grape tomatoes, halved (3 cups)
- ¾ cup roughly chopped walnut pieces
- 2¼ tsp. ground cinnamon
- 1½ tsp. dried oregano
- ¼ cup whole-wheat breadcrumbs
- ⅔ cup crumbled reduced-fat feta cheese (3 oz.)
- Lemon wedges, optional, for garnish

1. Halve eggplants lengthwise, and scoop out flesh and seeds, leaving ½-inch-thick edges on eggplants' shells. Cut scooped-out flesh into ½-inch pieces, and set in colander. Sprinkle eggplant pieces and inside of eggplant shells with salt. Let stand 25 to 30 minutes, or until beaded with moisture. Rinse eggplant shells and pieces in cold water, and pat dry.

2. Bring large pot of salted water to a boil. Drop eggplant shells in water, and simmer 5 to 8 minutes, or until barely tender when pierced with fork. Drain in colander, cool, and pat dry.

3. Meanwhile, heat 1 Tbs. olive oil in large skillet over medium-high heat. Sauté onions 3 minutes, or until translucent. Add eggplant pieces, tomatoes, walnuts, cinnamon, oregano, and ¼ cup water. Season with salt and pepper, if desired. Cook 8 minutes, or until vegetables are softened and browned, stirring occasionally.

4. Preheat oven to broil. Toss bread-crumbs with 4 tsp. olive oil in bowl. Brush each eggplant shell with ½ tsp. oil, and place cut-side up on baking sheet. Broil 5 minutes, or until tender and starting to brown. Reduce oven heat to 375°F.

5. Divide filling among eggplant shells. Sprinkle each stuffed eggplant with breadcrumb mixture, and top with feta cheese. Bake 35 minutes, or until heated through and browned on top. Serve with lemon wedges, if using.

PER SERVING (½ STUFFED EGGPLANT): 302 CAL; 10 G PROT; 19 G TOTAL FAT (3 G SAT FAT); 29 G CARB; 5 MG CHOL; 316 MG SOD; 12 G FIBER; 11 G SUGARS



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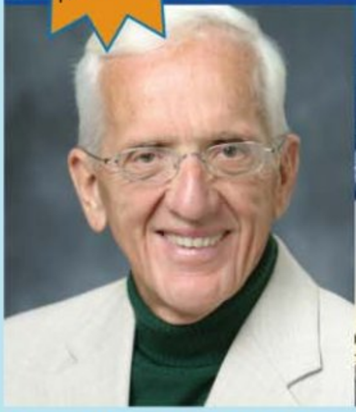
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Joel Fuhrman, M.D. is a family physician specializing in nutritional medicine and author of six books, including his best-selling *Eat to Live* and *Eat For Health*. His successes in reversing an array of medical conditions with nutritional interventions have led to his involvement in ongoing medical research trials.



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Homemade Baklava

MAKES 32 PIECES

This classic Greek sweet may look tricky to make, but it's as easy as a kid's craft project. Crispy layers are produced by brushing melted butter between sheets of phyllo dough. Don't worry about making each layer perfect—uneven ends and tears will be hidden in the final outcome.

BAKLAVA

- 12 oz. pistachios, walnuts, or almonds
- ⅓ cup sugar
- 1½ tsp. ground cinnamon
- 1 16-oz. pkg. phyllo dough, thawed
- 10 oz. (2½ sticks) unsalted butter, melted

HONEY SYRUP

- ¾ cup sugar
- ¾ cup honey
- Zest of 1 lemon, removed with vegetable peeler

1. To make Baklava: Preheat oven to 350°F. Spread nuts on baking sheet, and toast in oven 6 minutes. Cool.

2. Pulse nuts, sugar, and cinnamon in food processor 8 to 10 times, or until finely chopped. Set aside.

3. Brush 13- x 9-inch metal baking pan with butter. Line with 2 phyllo sheets; brush phyllo with butter. Repeat 4 more times, or until you have 5 layers of 2 phyllo sheets each (10 sheets total). Sprinkle with one-third of nut mixture. Top with 2 phyllo sheets, brush with butter, and repeat phyllo layering 2 more times (6 sheets total). Sprinkle with one-third of nut mixture. Top with 2 phyllo sheets, brush with butter, and repeat phyllo layering 2 more times (6 sheets total). Sprinkle with remaining one-third of nut mixture. Top with 2 phyllo sheets, brush with butter, and repeat phyllo layering 2 more times (6 sheets total). Lay 1 phyllo sheet on top, brush with butter, then lay last phyllo sheet on top, and brush with butter. Chill 10 minutes.

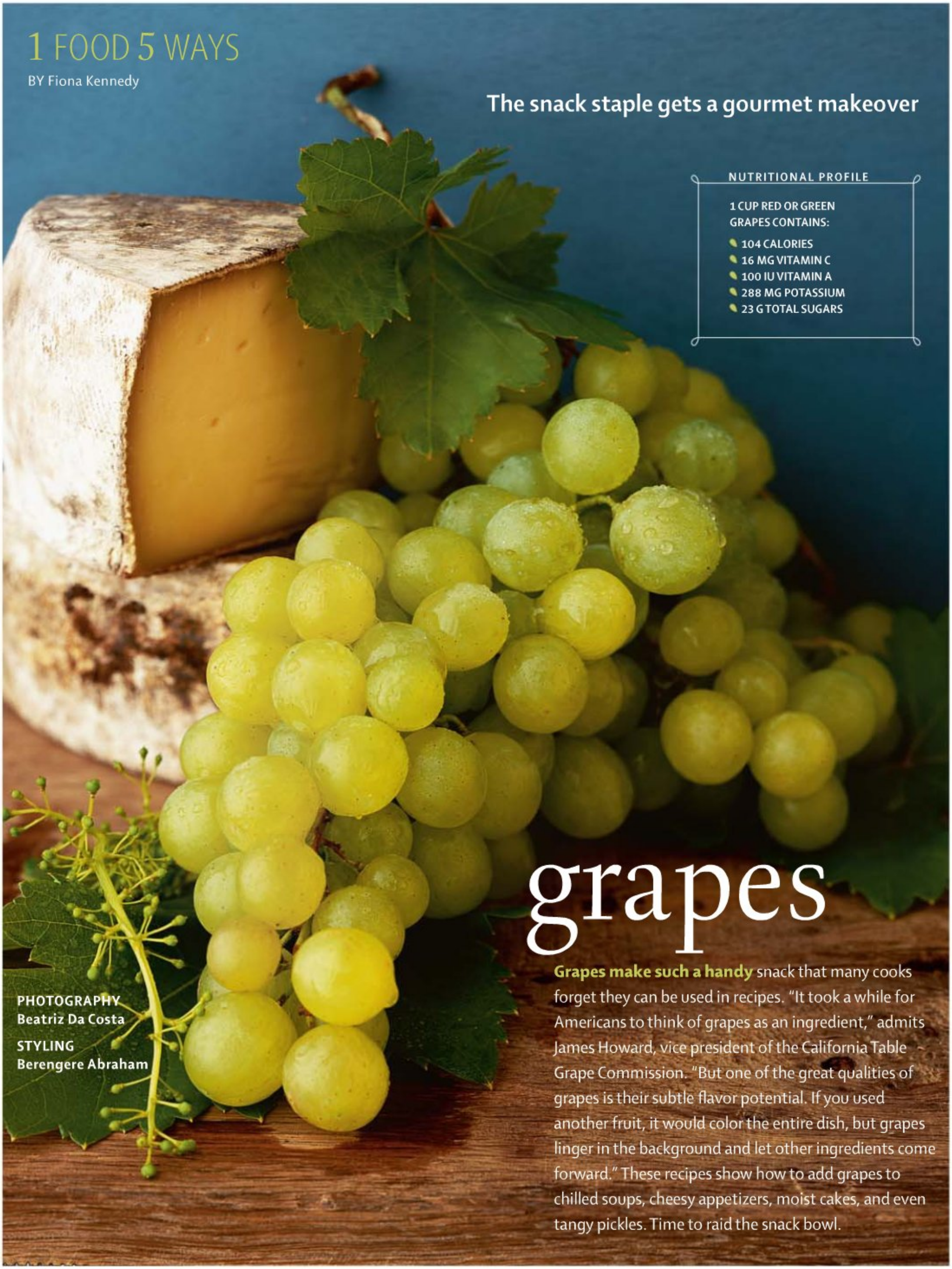
4. Preheat oven to 350°F. Cut Baklava into 16 squares with knife. Cut each square into 2 triangles, or for larger dessert-size serving, leave in squares. Bake 30 to 40 minutes, or until top is golden brown.

5. To make Honey Syrup: Combine sugar, honey, lemon zest, and 1 cup water in small saucepan; bring to a boil. Reduce heat to medium-low, and simmer 15 minutes, or until slightly thickened. Remove lemon zest, and pour syrup over hot Baklava. Cool on wire rack.

6. To serve: recut triangles or squares with knife, and remove from pan. Store covered at room temperature.

PER TRIANGLE: 226 CAL; 3 G PROT; 15 G TOTAL FAT (5 G SAT FAT); 22 G CARB; 19 MG CHOL; 70 MG SOD; 1 G FIBER; 14 G SUGARS

Brooklyn, N.Y.–based food stylist Joyce Sangirardi is savoring those last lingering days of summer, when the weather is still warm enough to enjoy casual dinners in her garden.



1 FOOD 5 WAYS

BY Fiona Kennedy

The snack staple gets a gourmet makeover

NUTRITIONAL PROFILE

1 CUP RED OR GREEN GRAPES CONTAINS:

- 104 CALORIES
- 16 MG VITAMIN C
- 100 IU VITAMIN A
- 288 MG POTASSIUM
- 23 G TOTAL SUGARS

grapes

Grapes make such a handy snack that many cooks forget they can be used in recipes. "It took a while for Americans to think of grapes as an ingredient," admits James Howard, vice president of the California Table Grape Commission. "But one of the great qualities of grapes is their subtle flavor potential. If you used another fruit, it would color the entire dish, but grapes linger in the background and let other ingredients come forward." These recipes show how to add grapes to chilled soups, cheesy appetizers, moist cakes, and even tangy pickles. Time to raid the snack bowl.

PHOTOGRAPHY
Beatriz Da Costa

STYLING
Berengere Abraham

+ FOR A SHOPPER'S GUIDE TO GRAPES, VISIT VEGETARIANTIMES.COM/GRAPES101.

Taleggio Tartines with Grape, Watercress, and Red Onion Salad

SERVES 4 | 30 MINUTES OR FEWER

Taleggio is a rich cheese that melts easily. In Italy, it's often paired with salads of spicy greens or served with fresh grapes, which is why we put the combinations together in these open-faced sandwiches.

VINAIGRETTE

- 2¼ tsp. sherry vinegar
- ¼ tsp. whole-grain mustard
- ¼ tsp. agave syrup
- 1 Tbs. olive oil
- ¼ cup thinly sliced red onion

TARTINES

- 3 oz. Taleggio cheese
- 4 ½-inch-thick slices walnut bread, lightly toasted
- 4 cups watercress or arugula
- 1 cup red seedless grapes, halved

1. To make Vinaigrette: Whisk together vinegar, mustard, and agave syrup in small bowl. Whisk in oil, stir in red onion, and season with salt and pepper, if desired. Let stand 10 minutes.
2. To make Tartines: Preheat broiler. Spread 3 Tbs. cheese on each piece of toast, and broil 1 minute, or until cheese is melted.
3. Remove onion from Vinaigrette. Toss onion with watercress and grapes. Add 1 Tbs. Vinaigrette to salad, and toss to coat. Top each bread slice with 1¼ cups salad, and serve.

PER TARTINE: 210 CAL; 7 G PROT; 10 G TOTAL FAT (4 G SAT FAT); 25 G CARB; 17 MG CHOL; 442 MG SOD; 2 G FIBER; 12 G SUGARS



“One of the great qualities of grapes
is their flavor potential ... grapes linger in the background and let other ingredients come forward.”



White Gazpacho

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

White gazpacho is traditionally made with lots of raw garlic and merely garnished with grapes. Here we've toned down the garlic and bumped up the fruit factor for a cold soup that's sweetly satisfying.

- 1 large cucumber, peeled, seeded, and chopped (4 cups)
- 1¾ cups green seedless grapes, divided
- ¾ cup toasted slivered almonds, divided
- ¼ cup chopped sweet onion, such as Vidalia or Walla Walla
- 1 garlic clove, peeled
- ¼ cup almond milk
- 2 Tbs. sherry vinegar
- 1 Tbs. olive oil
- 1 cup loosely packed baby arugula

1. Purée cucumber, 1½ cups grapes, ½ cup almonds, onion, and garlic in blender or food processor until smooth. Add almond milk, vinegar, and oil; pulse until combined. Season with salt and pepper, if desired.
2. Halve remaining grapes, and combine with remaining almonds and arugula in small bowl. Garnish gazpacho with ¼ cup halved-grape mixture.

PER SERVING (1 CUP GAZPACHO PLUS ¼ CUP GARNISH): 220 CAL; 6 G PROT; 14 G TOTAL FAT (1 G SAT FAT); 22 G CARB; 0 MG CHOL; 16 MG SOD; 4 G FIBER; 14 G SUGARS

Pickled Grapes

MAKES 2 CUPS | VEGAN | GLUTEN FREE

Sweet and spicy, these preserves are as versatile as relish or olives. Serve them with nuts, spread on sandwiches, or add one or two grapes to a dry martini. Even though the grapes are ready to eat after 8 hours, they will continue to get more flavorful after a few days. Store up to 1 month in the fridge.

- 1 cup white balsamic vinegar
- ⅔ cup sugar
- 2 thyme sprigs
- 1 bay leaf
- 1 tsp. salt
- ½ tsp. whole allspice berries
- ½ tsp. whole coriander seeds
- ½ tsp. whole mustard seeds
- ½ tsp. whole black peppercorns
- 2 cups red seedless grapes

Heat all ingredients except grapes 3 to 5 minutes in small saucepan over medium heat, stirring until sugar is dissolved. Place grapes in glass jar, and pour vinegar mixture over grapes. Refrigerate overnight before serving.

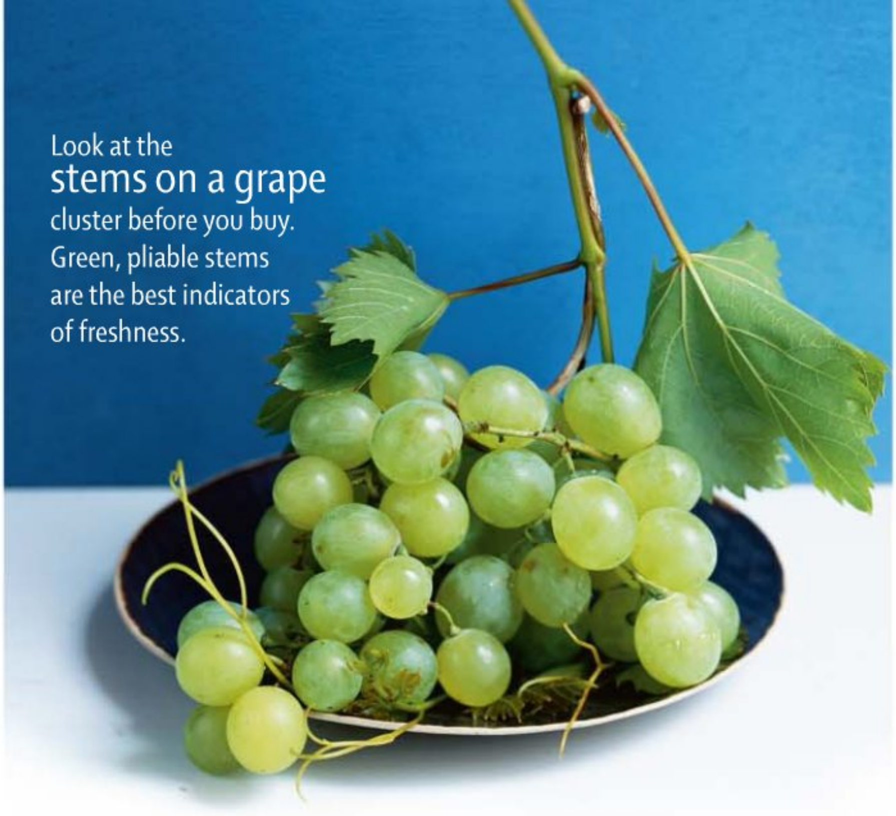
PER ½-CUP SERVING: 87 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 197 MG SOD; <1 G FIBER; 21 G SUGARS

Grape and Almond Harvest Cake

SERVES 12

In this recipe, the grapes caramelize as they cook for a more intense flavor. As great as it is straight out of the oven, the cake improves if it's allowed to rest at room temperature overnight.

- ¾ cup all-purpose flour
- ½ cup almond flour
- ¼ cup cornmeal
- 2 tsp. baking powder
- ½ tsp. salt
- ⅓ cup grape seed oil
- ¾ cup light brown sugar
- ½ tsp. vanilla extract
- ¾ tsp. almond extract
- 3 large eggs, at room temperature
- ½ cup low-fat Greek yogurt
- 1¾ cups red seedless grapes
- 2 Tbs. raw or turbinado sugar



1. Preheat oven to 350°F. Grease and flour 9-inch springform pan.
2. Whisk together all-purpose flour, almond flour, cornmeal, baking powder, and salt in bowl.
3. Whisk together oil, brown sugar, vanilla extract, and almond extract. Whisk in eggs, one at a time, until thoroughly combined. Whisk in yogurt. Stir in flour mixture until mixed.
4. Pour batter into prepared pan and bake 10 minutes. Remove cake from oven, and gently place grapes in even layer on top. Sprinkle sugar over grapes. Bake 25 to 30 minutes more, or until toothpick inserted in center comes out clean. Cool 10 minutes, then remove pan's outer ring, and cool completely.

PER SLICE: 220 CAL; 5 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 29 G CARB; 54 MG CHOL; 216 MG SOD; 1 G FIBER; 20 G SUGARS

Endive Spears with Goat Cheese, Grapes, and Toasted Walnuts

MAKES 12 ENDIVE SPEARS | GLUTEN FREE
30 MINUTES OR FEWER

These appetizers come together in no time, and look spectacular on a large platter. The grape garnish adds a touch of sweetness to the tangy cheese and nut combination. To make the recipe vegan, replace the cheese with crumbled vegan feta and the honey with agave nectar.

- ¼ cup walnut pieces
- 1 medium or 2 small heads Belgian endive
- 2 oz. aged goat cheese (such as Bûcheron), sliced or crumbled into almond-size pieces
- 18 red or green seedless grapes, halved
- 2 Tbs. white balsamic vinegar
- 1 Tbs. toasted walnut oil
- 1 tsp. honey
- 2 Tbs. finely chopped chives

1. Preheat oven to 350°F. Toast walnuts 10 to 12 minutes, or until fragrant. Cool.
2. Separate large leaves from endive heads, saving small leaves for another use. Place 12 endive leaves on large platter. Fill each endive leaf with 2 tsp. goat cheese; top with 3 grape halves and 3 walnut pieces.
3. Whisk together vinegar, oil, and honey in small bowl. Season with salt and pepper, if desired. Drizzle scant ¼ tsp. vinaigrette over each filled leaf, and sprinkle with chives.

PER SPEAR: 52 CAL; 2 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 3 G CARB; 4 MG CHOL; 26 MG SOD; <1 G FIBER; 2 G SUGARS

Los Angeles–based chef Fiona Kennedy makes wine every year with her husband and friends out of Syrah, Cabernet, and Merlot grapes.



Get a taste of mindful cooking, and eating, the Tassajara way

the} Zen kitchen

RECIPES adapted from *Tassajara Dinners & Desserts* by Dale and Melissa Kent

PHOTOGRAPHY Patrick Tregenza

At the oldest Zen training monastery in the United States, even food preparation is transformed into a spiritual practice. For decades guests have flocked to the Tassajara Zen Mountain Center in California for its meditative cooking classes and retreats. "Mindfulness is a big part of what goes on in the kitchen," explains Dale Kent, former *tenzo* (head of the kitchen), and coauthor of *Tassajara Dinners & Desserts*. "We encourage people to be in their bodies—to feel the knife in their hands or how they're holding a carrot," he explains.

These Asian-inspired recipes from the cookbook are standards in Tassajara's vegetarian kitchen. Exquisitely elegant in their simplicity, they reflect the cooks' careful attention to nourishment, and offer a tasty way to bring more Zen into your own meals.

"in your very own kitchen there is a refuge—to work as a cook—like an artist, like a priest. Sacred space is but one breath away. Offer yourself up to it."



Dragon's Head Tofu, p. 63

Pungent Cucumber Salad with Black Sesame and Ginger

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

"The first time I had this dish it was a revelation of flavors because I'd never really cared for cucumbers before," admits Dale Kent. You can also add shredded carrots with soaked, washed wakame. Serve over a bed of lettuce or arugula—the sauce will dress the greens.

- 1 lb. cucumbers, thinly sliced (3 cucumbers)
- ⅓ tsp. salt
- 4 Tbs. rice wine vinegar
- 1 Tbs. low-sodium soy sauce
- 2 tsp. mirin or ½ Tbs. sugar
- 2 tsp. grated fresh ginger
- ¼–½ tsp. red pepper flakes
- 1 tsp. toasted black sesame seeds

1. Sprinkle cucumbers with salt; let drain in colander over bowl at least 10 minutes. Mix together vinegar, soy sauce, mirin, ginger, and red pepper flakes.
2. Give cucumbers final gentle squeeze to remove more water, dress with vinegar mixture, and toss together with sesame seeds. Chill before serving.

PER ½-CUP SERVING: 24 CAL; <1 G PROT; <1 G TOTAL FAT (0 G SAT FAT); 4 G CARB; 0 MG CHOL; 279 MG SOD; <1 G FIBER; 2 G SUGARS



"learn to love prep work. Learn to love holding raw ingredients in your hands and throwing fresh vegetables into pans. Watch in amazement as your fingers learn to hold an onion or a big bunch of greens."

Vegetables in Thai Red Curry

SERVES 6 | VEGAN | 30 MINUTES OR FEWER

This is one of Kent's favorite recipes because it's so simple and versatile. "Red curry makes a great base for whatever is fresh and seasonal," he explains. When buying red curry paste, check the ingredients list to make sure the brand you choose does not contain fish sauce.

- 1 small head cauliflower, cut into florets (3 cups)
- 1 cup green beans, stems removed and cut into 2-inch pieces
- 1 Tbs. canola oil
- 1 cup cremini mushrooms, ends trimmed (left whole if small, quartered if large)
- 1 14-oz. can light coconut milk
- 1–2 Tbs. Thai red curry paste
- 2 Tbs. brown sugar
- 2 Tbs. tamari or low-sodium soy sauce
- 1 small red bell pepper, cored, seeded, and cut into slivers (1 cup)
- 20–30 fresh Thai basil leaves

1. Blanch cauliflower 4 minutes, or until al dente, in pot of boiling, salted water. Remove with strainer; rinse under cold water to stop cooking. Repeat with green beans in same pot of water; set aside.
2. Heat oil in skillet over medium heat. Add mushrooms, and cook 5 to 7 minutes, or until mushrooms have browned and released some of their juices; set aside.
3. In wide saucepan over medium heat, combine coconut milk, curry paste, sugar, tamari, and ½ cup water. Start with small amount of curry paste and adjust for spiciness. Add cauliflower, green beans, mushrooms, bell pepper, and half of basil. Simmer 10 minutes. Garnish with remaining basil.

PER 1½-CUP SERVING: 141 CAL; 3 G PROT; 9 G TOTAL FAT (4 G SAT FAT); 13 G CARB; 0 MG CHOL; 341 MG SOD; 3 G FIBER; 8 G SUGARS


Vegetables in Thai Red Curry

Dragon's Head Tofu

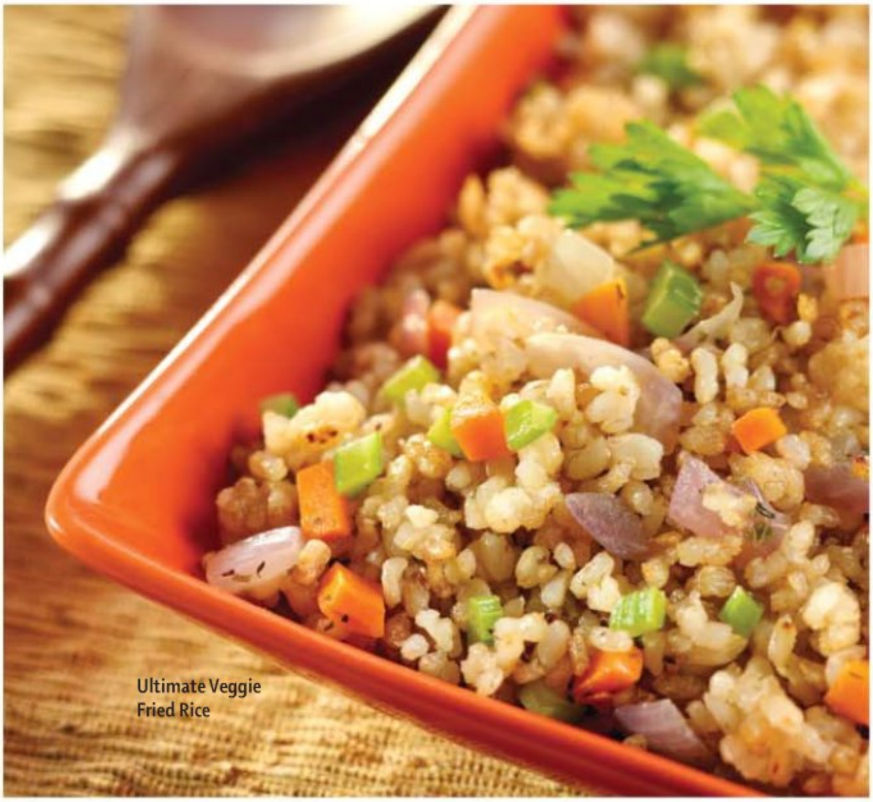
SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

These crispy delights can be served as hors d'oeuvres or as a main dish over brown rice, a bed of sprouts, or napa cabbage with your favorite sweet or savory Asian sauce.

- 4 medium fresh shiitake mushrooms, stems removed, caps julienned
- 2 Tbs. toasted sesame oil
- 2 cloves garlic, crushed
- 1 Tbs. mirin or white wine
- ½ tsp. sea salt
- 1 16-oz. pkg. firm tofu, pressed and crumbled
- Vegetable oil, for frying
- 2 large eggs, lightly beaten
- ½ cup finely grated carrots
- ¼ cup cooked peas
- 2 Tbs. thinly sliced green onions

1. Sauté mushrooms with sesame oil, garlic, mirin, and salt 5 to 7 minutes, or until tender and fragrant. Remove from heat, and stir in tofu. Let cool.
2. Fill large pot with 1 inch vegetable oil and heat to 350°F. Mix eggs carrots, peas, and green onions into tofu mixture.
3. Gently form golf-ball-size spheres, and drop into heated oil. Cook 4 to 5 minutes, or until brown, then place on cooling rack to drain. Serve warm or at room temperature.

PER SERVING (2 PIECES): 191 CAL; 10 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 7 G CARB; 71 MG CHOL; 202 MG SOD; 2 G FIBER; 2 G SUGARS



Ultimate Veggie Fried Rice

"when you cook like this, every stew is special and every grain of rice is a miracle."

Ultimate Veggie Fried Rice

SERVES 4 | VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

"If there were one recipe from the book I would want to get people to cook, it would be this fried brown rice," Kent says. "It transforms leftover brown rice into a side dish you would be proud to serve anyone." Add leftover cooked vegetables, an egg, or some beans, and you have a wonderful one-bowl meal.

- 2 Tbs. olive oil
- 1 small onion, chopped (1 cup)
- 1 small carrot, diced (¼ cup)
- 1 stalk celery, diced (¼ cup)
- 1 tsp. herbes de Provence
- ½ tsp. salt
- 2 cups cooked brown rice, crumbled or broken up
- 2 cups leftover vegetables, beans, etc., optional

1. Heat skillet over medium-high heat, and add oil. Sauté onion, carrot, celery, herbes de Provence, and salt 10 to 15 minutes, or until well browned. Add a little more oil if pan seems dry. Add rice, and stir-fry 5 minutes, or until mixture is hot and well combined.

2. Rice is now ready to be served, but if you have some time before your meal, turn heat to low, add a little more oil to pan, and let rice sit undisturbed 7 to 10 minutes, or until browned. If it begins to stick, scrape it up, stir tasty brown bits in, and continue browning with a little more oil. The more time and energy you spend at this stage, the tastier the rice will be. If using leftovers, add them just before serving and continue to heat thoroughly.

PER 1-CUP SERVING: 189 CAL; 3 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 27 G CARB; 0 MG CHOL; 308 MG SOD; 3 G FIBER; 3 G SUGARS



Sweet Tapioca Soup with Honeydew

SERVES 8 | GLUTEN FREE

This lightly sweet dessert can be made with other soft, blendable fruits such as watermelon, mangoes, berries, peaches, or pears.

- ¼ cup small pearl tapioca
- 2 cups coconut milk
- 4 Tbs. sugar
- 1 cup low-fat milk
- 1 large, ripe honeydew melon, cut into chunks

1. Soak tapioca in 1 cup water 45 minutes. Drain tapioca, and combine with coconut milk and sugar in medium saucepan. Heat over medium heat 5 to 7 minutes, or until mixture begins to thicken. Pour in milk, remove from heat, and cover with plastic wrap. Allow mixture to cool.

2. Purée honeydew chunks in food processor, or chop very fine. Combine honeydew with tapioca mixture; chill.

PER 1-CUP SERVING: 235 CAL; 3 G PROT; 13 G TOTAL FAT (11 G SAT FAT); 30 G CARB; 3 MG CHOL; 48 MG SOD; 2 G FIBER; 22 G SUGARS



Sweet Tapioca Soup
with Honeydew

Hooked on the hard stuff?

You're not alone. A die-hard cheese freak untangles her most complicated food relationship



BY Hillari Dowdle

I don't know about you, but cheese pretty much had me at hello. My first food memories are of the warm, gooey macaroni and cheese my mom used to make to soothe my toddler tantrums or simply help me quiet down for the evening. I remember my beloved grandmother handing me American singles, while laughing and calling me her "dear little mouse." I recall all those girlhood sleepovers, where we'd stay up late and order pizza—extra cheese, please.

Confessions of a CHEESEAHOLIC

Cheese was celebration, cheese was comfort, cheese was love. Cheese is a food so integrated into the fiber of my being that I can hardly imagine a life without the stuff—despite the migraine headaches it might be triggering, despite the weight I've gained from eating too much of it.

Lately, though, along with the usual creamy, savory satisfaction with every bite, I've been experiencing a heaping helping of cognitive dissonance. It started last year with an action alert e-mail from the Humane Society of the United States. A couple of clicks later, I was watching the infamous downer-cow video from the Hallmark Meat Processing plant. The HSUS—which shot the footage in an undercover investigation—explained that these were dairy cows, at the end of long service and utterly spent, unable even to rise to the occasion of their own slaughter. I knew that cattle raised for meat were destined to meet a bad end—but dairy cows too?

Yes, says Wayne Pacelle, president and CEO of HSUS: "If anything, dairy cows in the industrial system may have it worse by virtue of the duration of their suffering. They are continually impregnated and separated from their calves, and they are subject to multiple health problems, including mastitis. They are treated as machines—and in the end, they are killed for their meat."

Milk isn't the only thing a dairy cow produces. Ties between animal-oriented agribusiness and global warming are undeniable. The United Nations's seminal report "Livestock's Long Shadow" implicated the livestock sector in 18 percent of the world's greenhouse gas emissions. "Cattle operations release significant amounts of methane and nitrous oxide—partially because of the large amounts of concentrated manure associated with confined animal feeding operations, and partially because cows are ruminants and their digestive processes naturally produce methane," says food activist Anna Lappé, who's at work on a book about climate change and the future of eating. "Methane is 23 times more warming than carbon dioxide, and nitrous oxide is 296 times more warming." And industrial dairy farms are just as culpable as farms that raise cows for slaughter.

ILLUSTRATIONS Chris Silas Neal

IS ABSTINENCE THE ONLY WAY? Or is there such a thing as cheese moderation?

A new realization is dawning: In order to lead a life that's healthful, ethical, and environmentally sound, I'll have to do what I've been avoiding—dreading—for years. I'll have to overcome my cheese addiction.

Going Cold Tofu

And make no mistake: it is an addiction, says Neal Barnard, MD, *VT*'s "Ask the Doc" columnist, president of the Physicians Committee for Responsible Medicine, and author of *Breaking the Food Seduction*.

Actually, it's more accurate to say I'm hooked on casomorphins, the tiny, biologically active compounds produced when my body breaks down milk proteins. "Casomorphins attach to the brain's opiate receptors to cause a calming effect in much the same way heroin and morphine do," Barnard explains. "In fact, since cheese is processed to express out all the liquid, it's an incredibly concentrated source of casomorphins—you might call it dairy crack."

What to do? "You do what you do with any drug you're hooked on—you get away from it," Barnard concludes. "You don't look at it, you don't smell it, and you certainly don't eat it." From Barnard's point of view, cheese is simply an irredeemable source of calories and saturated fat.

Once addicted to cheese herself, vegan chef Isa Chandra Moskowitz, author of *Veganomicon* and *Vegan with a Vengeance*, echoes Barnard in counseling abstinence. "You need to give yourself a couple of months without cheese, some time to let your taste buds catch up with your ethics," she says. "It might sound like deprivation at first, but your body will adjust. I started loving Brussels sprouts and butternut squash; I could taste the subtle difference between a raw and a toasted pumpkin seed. Once you figure out that you don't have to cover everything in cheese, you start to become almost like a supertaster."

Jo Stepaniak, MSEd, author of *The Ultimate Uncheese Cookbook*, calls this cooling-off period "going cold tofu." But going without cheese doesn't mean you can't enjoy some of the same sensations in your diet. "Avocados and nut butters impart a rich, creamy mouthfeel similar to cheese," she says. "A baked sweet potato with peanut or almond butter will produce that same satisfying sensation without the unpleasant side effects. Arugula has a sharp bite that makes your taste buds sit up and go, 'Wow!'" Buy prewashed baby arugula and eat it right out of the container whenever you get a cheese craving.

Another of Stepaniak's favorite cheese weaners—and a great substitute for a grilled cheese sandwich—is an open-faced peanut butter–and-broccoli sandwich. "Simply spread warm toast with your favorite peanut butter, top it with steamed, bite-sized broccoli florets, and drizzle it with tamari. The combination of creamy peanut butter, pungent broccoli, and salty tamari is wonderful. Plant-based alternatives to cheese are not only delicious, they are creative and fun."

After a month or two has passed, go ahead and start playing around with cheese substitutes, whether homemade or store-bought. Just don't rush it. And blend the heck out of whatever you are

THE CALCIUM QUESTION?

Many a cheese lover clings to her quesadillas with a rationalization: I'm a woman, I need calcium! Cheese *is* calcium-rich (an ounce of Cheddar contains 204 milligrams), but simply adding calcium to the system is not enough, says Amy Lanou, PhD, assistant professor of health and wellness at the University of North Carolina at Asheville. "It's important to create an environment in the body that encourages the bones to take up the calcium that's available, and retain the calcium they already have. Having acidic blood causes bone to leach calcium in an effort to neutralize the system, and it's ultimately lost in the urine. All dairy foods are acid-forming, and cheese is nine or 10 times more acid-forming than milk," she says.

CALCIUM: GOOD VEGGIE SOURCES

Tofu, made with calcium sulfate (½ cup)	434 mg
Collard greens, boiled (1 cup)	266 mg
Bok choy, boiled (1 cup)	158 mg
Okra, boiled, (1 cup)	123 mg
Broccoli, boiled (1 large stalk)	112 mg
Mustard greens, boiled (1 cup)	104 mg
Edamame (1 cup)	98 mg
Almonds (¼ cup)	94 mg

Adults should aim to get a total of 1,000 milligrams of calcium daily; teens need 1,300 milligrams. To determine a food's exact calcium content, Dawn Jackson Blatner, RD, offers this simple label-reading trick: "Calcium is listed on labels as a percentage of recommended daily value. Since you're aiming for 1,000 milligrams, just drop the percentage sign and substitute a zero. So if a label for soymilk says it contains 30 percent of the daily value, you know it has 300 milligrams of calcium."

+ TRY VT'S VEGAN "ALMOND FETA CHEESE WITH HERB OIL" RECIPE AT VEGETARIANTIMES.COM.

adding to your substitute of choice. "Dairy molecules are as tiny as tiny can be, so when they hit your tongue, it gives you an immediate *mmm*," Moskowitz explains. "When you do vegan versions of cheese sauces, you should use a good food processor or Vita-Mix and work to simulate that effect. And you have to manage your expectations."



The Middle Path

Or do you? Is abstinence the only way, or is there such a thing as cheese moderation? Dawn Jackson Blatner, RD, a spokesperson for the American Dietetic Association and author of *The Flexitarian Diet,* claims there is. "I see so many vegetarians who are closet cheeseaholics," she says. "I'm always working with them to get their cheese habit under control—not because I think cheese is the devil, but because it's not giving them room for other types of plant proteins and other sources of healthier fats."

Blatner asks her clients to make an honest accounting of their habits—many are shocked, as I was, to find out just how much cheese they are eating. "Cheese is a highly concentrated source of calories," she says. "You might not realize you're sabotaging your weight by sprinkling 500 sneaky little calories on top of your salads, soups, and sandwiches every day."

Once every shred is sorted and cube counted, Blatner recommends cutting that amount in half. Stay there for a week or two, then cut it in half again. Then again, and again ... until you get down to 1 ounce or less of cheese per day, about the amount in a single piece of string cheese or sandwich slice, or ¼ cup of shreds. And if you're going to limit your intake, make it count. Choose feta, sharp Cheddar, or Parmesan—something with lots of flavor.

As for those nagging ethical and environmental concerns: buying from small, local producers can at least begin to address them. Choosing the organic label will ensure that no growth hormones or antibiotics were used to produce the cheese, and that the cows received organic feed and were allowed some access to outdoor pasture. "If you are diligent, you can seek out companies that are using sustainable methods and handling animals humanely," Lappé adds. She particularly likes the work of the Cornucopia Institute (cornucopia.org), which she relies on for its organic dairy scorecard.

"It would be tough for me to give up cheese," Lappé says. "I've decided not to, but to choose high-quality, sustainably created cheese whenever possible. Cheese production can take a lot more energy and resources than producing vegetable crops, so I don't take it for granted. I appreciate every bite."

Hillari Dowdle, a freelance writer and editor based in Knoxville, Tenn., has not gone completely "cold tofu," but she has developed a taste for homemade vegan cheese.

fabulous fakes

Most people flinch when you utter the words "vegan cheese substitute." But faux fromage has come a long way, as our intrepid author discovered when she conducted an informal taste test with friends. Here's what they found:

CHEEZLY The Cheddar with faux bacon style melts nicely and even strings a bit. It's amazing stuff, hot or cold. veganessentials.com

SHEESE, imported from Scotland, offers an impressive array of styles. The Strong Cheddar makes a great grilled cheese sandwich, and the Blue Style is indistinguishable from the real thing—chef Mahasti Vafaie of the Tomato Head restaurant in Knoxville, Tenn., whipped it up with silken tofu, garlic, and lemon juice to create the lightest, most delicious blue cheese dressing we've ever tasted. cosmosveganshoppe.com

TEESE soy-based cheese comes in cute-as-a-button logs. We loved the Mozzarella. Try it sliced in rounds on a baguette with fresh tomato and a drizzle of pesto. veganstore.com

FOLLOW YOUR HEART VEGAN GOURMET cheeses were among the creamiest choices, with a satisfying mouthfeel. They stand up well to cooking too; try the Mozzarella on pizza and the Monterey Jack over nachos. followyourheart.com

GALAXY FOODS block-style Vegan Cheddar got mixed reviews. Avoid serving it cold, said tasters, but heat it up and it becomes creamy and delicious. Think of it as a go-to cheese for enchiladas, casseroles, and stratas. galaxyfoods.com

BY Jolia Sidona Allen RECIPES BY Lauren Ulm



Devil's Food Doughnut with rainbow sprinkles, p. 75

Vegans delight in the ultimate homemade treat

D·I·Y· Doughnuts

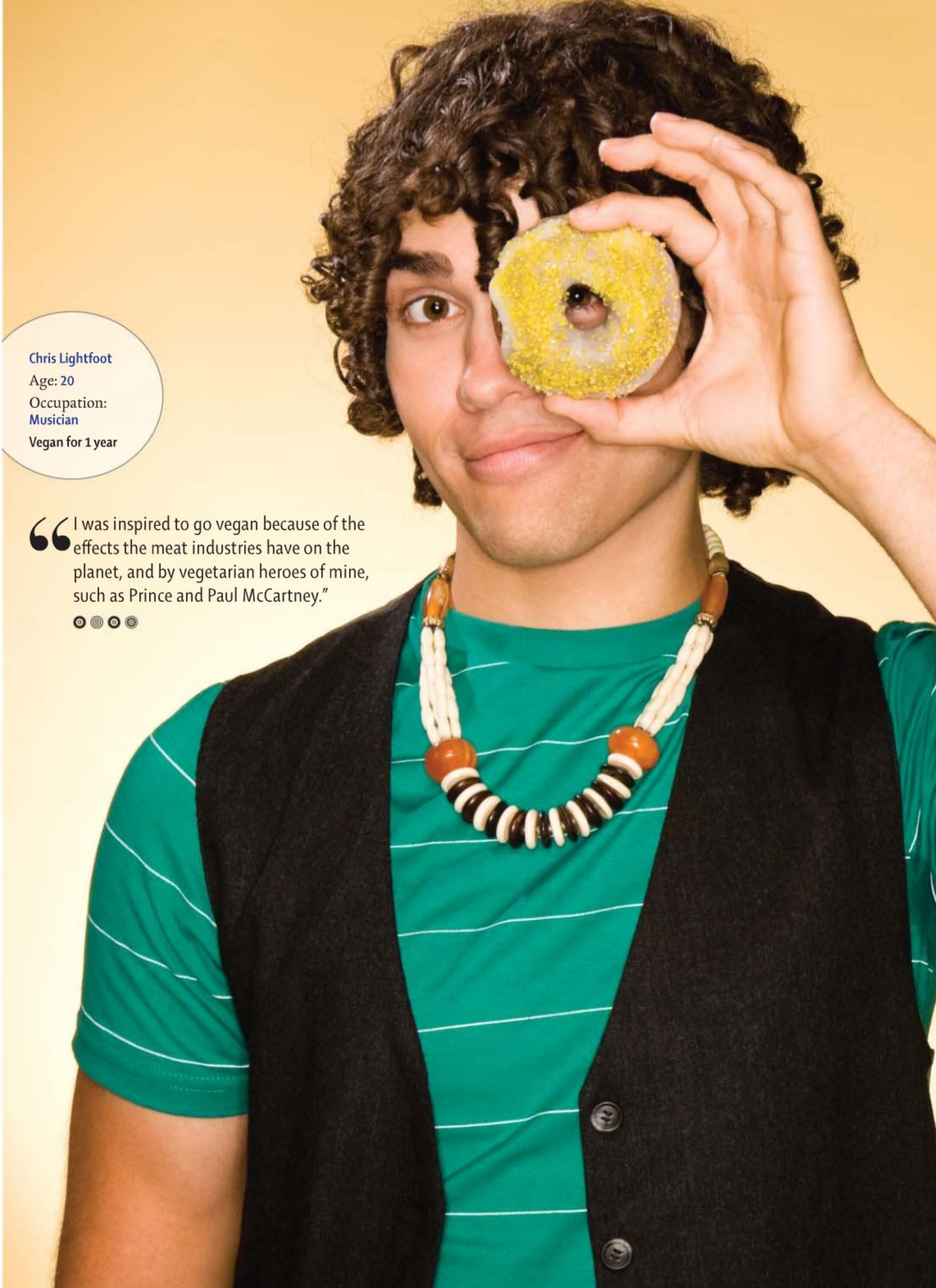
"My boyfriend and I once went to Krispy Kreme on Valentines Day morning and had a doughnut with red, white, and pink sprinkles," recalls Kristen Kuroski, a 27-year-old law student who went vegan a year ago. "I haven't had a doughnut since," she remarks. "I've been missing out."

Ask any vegan about the last time they had a doughnut and you'll likely get a similar response. That's why we at *VT* saw it as our duty to solve the vegan doughnut crisis once and for all.

For this photo shoot, we rounded up four Los Angeles–area vegans from various walks of life and fed them lip-smacking doughnuts developed by VeganYumYum blogger Lauren Ulm, DIY doughnut diva and Internet celebrity chef who's dazzled the palates of both Martha Stewart and Ellen DeGeneres.

You can tell by our vegan subjects' expressions how much they dug the doughnuts, but you don't have to be a vegan to appreciate these more healthful versions of the anytime-of-day treat.

PHOTOGRAPHY Jennie Warren FOOD STYLING Liesl Maggoire



Chris Lightfoot
Age: 20
Occupation: Musician
Vegan for 1 year

"I was inspired to go vegan because of the effects the meat industries have on the planet, and by vegetarian heroes of mine, such as Prince and Paul McCartney."



Kristen Kuroski

Age: 27

Occupation:
Law Student

Vegan for 1 year

"If I could sit down for doughnuts and conversation with anyone in the world, it would be Barack Obama. I'd like to see him in a relaxed environment and talk about his agenda for the day."

Miniature Jelly Doughnuts

Miniature Jelly Doughnuts

MAKES 25 MINI DOUGHNUTS | VEGAN

These are classic yeast-raised doughnuts, deep-fried, rolled in sugar, and filled with jam. A pastry bag fitted with a round tip makes it easy to fill them with jam, but you can also cut them in half and spoon the filling into the center.

- 1 0.25-oz. pkg. active dry yeast
- ¼ cup plus 1 tsp. sugar, divided
- 2½ cups all-purpose flour
- 1 tsp. salt
- ½ tsp. baking powder
- ½ tsp. ground nutmeg
- 3 Tbs. nonhydrogenated vegan margarine, melted
- 2 cups canola or vegetable oil, for frying
- ½ cup superfine sugar
- ½ cup plus 1 tsp. seedless raspberry jam

1. Mix yeast and 1 tsp. sugar with 1 cup warm water (110°F) in measuring cup. Let stand 5 minutes, or until mixture foams and smells yeasty.
2. Whisk together flour, remaining ¼ cup sugar, salt, baking powder, and nutmeg in large bowl. Grease separate large bowl with oil.
3. Stir yeast mixture into flour mixture with wooden spoon until sticky dough forms. Add up to ¼ cup warm water to make smooth dough. Stir in melted margarine. Turn dough out onto well-floured work surface, and knead 6 to 8 minutes, or until smooth, soft, elastic dough forms. Add flour while kneading, if necessary. Transfer to oiled bowl, cover with towel, and let rise in warm place 1½ hours.



4. Dust baking sheet with flour. Roll dough out to ¼-inch-thick round on well-floured work surface. Cut 25 circles from dough with 2-inch round cutter. Transfer rounds to prepared baking sheet, and cover loosely with plastic wrap. Let rest 15 minutes.

5. Heat oil in large skillet or Dutch oven to 370°F, or until hot but not smoking. Fry doughnuts in oil 3 to 5 minutes, or until deep golden brown, turning two or three times. Drain on paper-towel-lined plate; then roll in superfine sugar while still warm. Cool.

6. Poke small hole in side of each doughnut with toothpick or wooden dowel. Use pastry bag fitted with small round tip to fill each doughnut with 1 tsp. raspberry jam.

PER DOUGHNUT: 119 CAL; 1 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 20 G CARB; 0 MG CHOL; 119 MG SOD; <1 G FIBER; 10 G SUGARS

"The world looks beautiful through a doughnut hole. It reminds me that there is not always war and conflict, that sometimes there is sweetness."



Eleanor Kotso

Age: 65

Occupation: Retired

Vegan for 2 years

French Toast Doughnuts

"When I was growing up, my mother went to the grocery store every morning and bought doughnuts. I'm from a family of eight children, so you had to be up early to get the chocolate one."

WIN! Register at vegetariantimes.com/sweeps for a chance to win a copy of Lauren Ulm's brand-new cookbook, *Vegan Yum Yum*.

French Toast Doughnuts

MAKES 18 MINI DOUGHNUTS | VEGAN

A welcome twist on plain doughnuts, these little treats are made with spice cake, topped with maple glaze and cinnamon sugar, or your favorite vegan sprinkles, if desired. (One to try: Let's Do...Organic Sprinklez.)

DOUGHNUTS

- 1¼ cup all-purpose flour
- ½ cup sugar
- 1½ tsp. baking powder
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ⅔ cup plain soymilk
- 4 Tbs. nonhydrogenated vegan margarine
- ½ tsp. apple cider vinegar
- 1½ tsp. egg replacer, such as Ener-G
- 1 tsp. vanilla extract

MAPLE GLAZE

- 2 Tbs. plain soymilk
- 2 Tbs. maple syrup
- 1 cup confectioners' sugar
- ⅛ tsp. salt
- ½ tsp. vanilla extract

CINNAMON SUGAR

- 2 Tbs. sugar
- ½ tsp. ground cinnamon

1. To make Doughnuts: Preheat oven to 350°F. Coat doughnut pan with cooking spray.

2. Whisk together flour, sugar, baking powder, salt, cinnamon, and nutmeg in large bowl.

3. Combine soymilk, margarine, and vinegar in saucepan, and heat over low heat until margarine is melted. Cool. Whisk egg replacer with 2 Tbs. water in small bowl; whisk this mixture and vanilla extract into soymilk mixture. Stir soymilk mixture into flour mixture.

4. Fill each doughnut mold half full with batter. Bake 12 minutes, or until toothpick inserted in doughnut comes out clean. Unmold doughnuts on wire rack to cool, and repeat with remaining batter.
5. To make Maple Glaze: Combine soymilk, maple syrup, sugar, and salt in saucepan, and bring to a simmer, whisking constantly. Remove from heat, and cool 5 to 10 minutes, or until thickened. Stir in vanilla extract.
6. To make Cinnamon Sugar: Whisk together sugar and cinnamon in small bowl.
7. Dip each doughnut into Maple Glaze and sprinkle with Cinnamon Sugar. Let glaze set before serving.

PER DOUGHNUT: 121 CAL; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 23 G CARB; 0 MG CHOL; 159 MG SOD; <1 G FIBER; 15 G SUGARS

Devil's Food Doughnuts

MAKES 18 MINI DOUGHNUTS | VEGAN
30 MINUTES OR FEWER

Cocoa powder and semisweet baking chocolate give these confections a rich, chocolate flavor. For extra flair, add vegan sprinkles.

DOUGHNUTS

- 1 cup all-purpose flour
- ½ cup sugar
- ¼ cup unsweetened cocoa powder
- 1½ tsp. baking powder
- ¼ tsp. salt
- ½ cup plain soymilk
- ⅓ cup semisweet vegan chocolate chips
- 4 Tbs. nonhydrogenated vegan margarine
- ½ tsp. apple cider vinegar
- 1½ tsp. egg replacer, such as Ener-G
- 1 tsp. vanilla extract

GLAZE

- 2 cups confectioners' sugar
- 4 Tbs. plain soymilk
- ½ tsp. vanilla extract

1. To make Doughnuts: Preheat oven to 350°F. Coat doughnut pan with cooking spray.
2. Whisk together flour, sugar, cocoa powder, baking powder, and salt in large bowl.
3. Combine soymilk, chocolate chips, margarine, and vinegar in saucepan, and warm until chocolate and margarine are melted. Cool. Whisk egg replacer with 2 Tbs. water in small bowl; whisk this mixture and vanilla extract into soymilk mixture. Stir soymilk mixture into flour mixture.
4. Fill each doughnut mold half full with batter. Bake 12 minutes, or until toothpick comes out clean and Doughnuts spring back when pressed. Transfer Doughnuts to wire rack to cool, and repeat with remaining batter.
5. To make Glaze: Combine confectioners' sugar and soymilk in saucepan, and bring to a simmer, whisking constantly. Remove from heat, and cool 5 to 10 minutes, or until thickened. Stir in vanilla.
6. Dip each doughnut into Glaze. Let Glaze set before serving.

PER DOUGHNUT: 146 CAL; 1 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 28 G CARB; 0 MG CHOL; 111 MG SOD; <1 G FIBER; 21 G SUGARS

Apple Cider Doughnuts

MAKES 18 MINI DOUGHNUTS | VEGAN
30 MINUTES OR FEWER

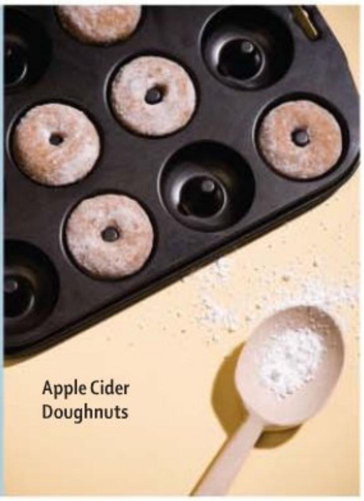
You can make your own superfine sugar to dust doughnuts by pulsing granulated sugar in a food processor several times.

- 1¼ cups all-purpose flour
- ½ cup sugar
- 1½ tsp. baking powder
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. salt
- ⅛ tsp. ground cloves
- 1 cup apple cider
- 1½ tsp. egg replacer, such as Ener-G
- ⅓ cup soymilk
- 5 Tbs. apple butter or applesauce
- 4 Tbs. nonhydrogenated vegan margarine
- ½ cup superfine sugar

1. Preheat oven to 350°F. Coat doughnut pan with cooking spray.
2. Whisk together flour, sugar, baking powder, cinnamon, nutmeg, salt, and cloves in large bowl.
3. Bring cider to a boil in small saucepan. Boil 10 minutes, or until liquid is reduced to ⅓ cup; remove from heat. Whisk egg replacer with 2 Tbs. water in small bowl; stir this mixture into cider reduction. Add soymilk, apple butter, and margarine, stirring until margarine is melted. Cool.
4. Stir cider mixture into flour mixture.
5. Fill each doughnut mold half full with batter. Bake 12 minutes, or until toothpick comes out clean. Roll hot doughnuts in superfine sugar.

PER DOUGHNUT: 117 CAL; 1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 109 MG SOD; <1 G FIBER; 14 G SUGARS

SCORE! At under $15, a doughnut pan isn't an extravagance, it's a kitchen essential. Chances are, once you've made your first batch of ring-shaped treats, you'll be using it more often than you do your muffin tins. We like Norpro's Nonstick Mini Donut Pan ($11.95 at cooking.com) and, for full-size pastries, the Norpro Nonstick 6-Donut Pan, $12.99; target.com.


Apple Cider Doughnuts

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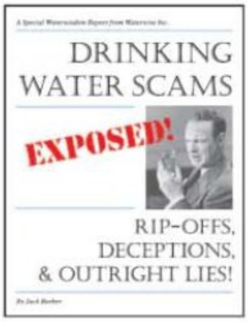
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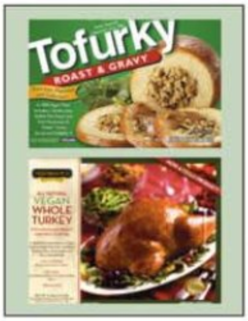


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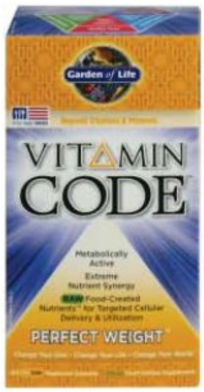
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Recipe	Vegan	Dairy Free	Gluten Free	Low Calorie	Low Saturated Fat	30 Minutes or Fewer
SOUPS AND SIDES						
Artichoke-Potato Medley, p. 51		■	■	■	■	■
Creamy Tomato-Basil Bisque, p. 28			■	■	■	■
Pungent Cucumber Salad with Black Sesame and Ginger, p. 62	■	■		■	■	■
Spinach-Zucchini Soup, p. 51	■	■	■	■	■	■
Super-Flax Whole-Wheat Boule, p. 34	■	■		■	■	
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APPETIZERS						
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Endive Spears with Goat Cheese, Grapes, and Toasted Walnuts, p. 59			■	■	■	■
Italian Savory Torte, p. 28			■	■		■
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ENTRÉES						
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Raw Swiss Chard Veggie Wraps with Creamy Pecan Spread, p. 43	■	■	■	■	■	
Seeded Crêpes with Tomato-Mushroom Filling, p. 38	■	■		■	■	
Soba Noodle Salad with Ginger Peanut Dressing, p. 29	■	■				■
Sweet Cornmeal Crêpes with Fresh Blueberries, p. 37				■	■	
Taleggio Tartines with Grape, Watercress, and Red Onion Salad, p. 57				■		■
Tofu Rancheros, p. 29	■	■	■	■	■	■
Two-Cheese Buckwheat Galettes, p. 38			■	■		
Ultimate Veggie Fried Rice, p. 64	■	■	■	■	■	■
Vegetables in Thai Red Curry, p. 63	■	■		■		■
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DESSERTS AND SNACKS						
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Devil's Food Doughnuts, p. 75	■	■		■	■	■
French Toast Doughnuts, p. 74	■	■		■	■	
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Homemade Baklava, p. 55						
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Miniature Jelly Doughnuts, p. 72	■	■		■	■	
Sweet Tapioca Soup with Honeydew, p. 64			■			

BY Maria Lissandrello



“Tomatillos sure spell Mexico to me.”
—Rick Bayless, *Mexico One Plate at a Time*

tomatillos

Resembling tiny green tomatoes wrapped in a corn husk, tomatillos have a citrusy sourness and silky texture. The flavor of the Mexican mainstay is tart, but “not as strong as a lemon; it’s kind of unique,” says Randy Bailey, tomatillo grower and owner of Bailey Farms in Oxford, N.C. In Mexican cooking, tomatillos are used raw, boiled, or roasted to make salsa verde and other sauces for dips, baked entrées, and stews.

CHEF’S SECRET **Roast whole tomatillos in a pan with oil until they blacken. “It caramelizes the outside for a little sweetness,” says grower Randy Bailey.**

How to buy and store

- If you like your tomatillos tart, stick to firm green specimens that fill their husks snugly—tomatillos that are pale yellow will be sweeter.
- Pull back husks to be sure the fruits are blemish-free.
- Store tomatillos at room temperature with husks intact, advises Bailey, who’s been known to keep tomatillos on his kitchen counter for up to two months.

+ WANT TOMATILLO RECIPES? SEARCH “TOMATILLO” ON VEGETARIANTIMES.COM.